

ELEMENTS OF HEALING

- 1 - Try to remember - try not to forget.
- 2 - Good memories are important.
- 3 - Time can result in healing or infection.
- 4 - You need support inside and outside your family.
- 5 - Faith, prayer, community of faith are important.
- 6 - Learning of others experiences gives you insight into your own story.
- 7 - Share the pain of your darkness.
- 8 - Accept what you are going through as normal.
- 9 - Be sensitive to the fact most people grieve differently.
- 10 - Share with those who have been there - they can offer hope.
- 11 - Feel free to protest "Why" of death.
- 12 - Give yourself time and space to work through guilt.
- 13 - Take time to laugh and cry.
- 14 - Take initiative in work and play.
- 15 - Accept life will never be as it was. Make a new life.
- 16 - Don't dwell on only self. Reach out and help others.
- 17 - Confront guilt, you did the best you could.
- 18 - Let go of your loved one.
- 19 - Through visions, dreams you will receive signs of loved ones presence. Don't be afraid to ask God for a sign. Nothing wrong with talking with the dead.
- 20 - Sharing your experience may help others.