

Activity: This Phase of My Grief Journey

"Each phase in my grief journey allows me to explore where I am right now. By accepting that I am where I must need to be, I am free to live today. The place I am today can become friend instead of foe. The journey into my loss has already created change, and the present and future will create more. Now may be the time to examine my expectations of myself, and accept that I am where I need to be for now."

<https://bertramsblog.com/2010/06/27/i-am-a-three-month-grief-survivor/>

Write or share a thought about this quote.

How do you feel about the current phase in your grief journey?

How do I feel about change? Past changes, future changes

Are you able to accept that you are in the place God has planted you for this moment and when it is time for the next step, God will open the door to you?

Are you prepared (or how are you preparing) for your next phase?

(NOTE: THERE ARE NO RIGHT OR WRONG ANSWERS TO THESE QUESTIONS. THIS IS YOUR PERSONAL GRIEF JOURNEY.)