

# GriefPlan.com

with Dr. Jason Troyer



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## Using the 6 Tools for Healing

The 6 Tools are essential tools you can use to heal, remember, & rebuild. These are critical for helping you be active in your grief. Take the 6 Tools and customize them to your own needs and situation.

### Benefits of 6 Tools for Healing

- Help you put your thoughts and feelings into healing action.
- Help you achieve a more balanced grieving style
- Help you focus on your grief needs; give yourself fully to being active in your grief

### 6 Tools for Healing

- Sharing Your Story
- Writing & Journaling
- Symbolic Ritual
- Sacred Spaces & Journeys
- Expressive Creations
- Meaningful Objects