

GriefPlan.com

with Dr. Jason Troyer



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Healing by Sharing Your Story

It is critical that you share the story of your loss and your relationship with your loved one. Sharing your personal story helps you make sense of your loss and see connections among various parts of your story. It also helps you express your feelings about your loss. Over time, you will find meaning and purpose through sharing your personal grief journey.

Sharing Your Story to Heal includes:

- Your relationship history with your loved one.
- How your loved one died.
- The process of accepting your loved one's death.
- How you deal with your sadness, anger, regret, guilt, and other emotions.
- Your plan for healing.

Ways to Share Your Story:

- Talk with a friend or family member
- Talk with a support group or therapist
- Post in an online forum, including the GriefPlan Facebook group
- Write in a journal
- Singing, poetry, music, etc.