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Rebuilding with Symbolic Rituals

Symbolic ritual involves anything you do that has meaning infused in it. This can include your daily habits or one-time events and activities. As part of rebuilding, you are using these rituals to symbolize new chapters, our personal growth, and other aspects of rebuilding. You will also have seasonal or one-time symbolic rituals. Some examples of these can include symbolic “firsts” that represent a new chapter in your life or a change in how you view your loss. Symbolic rituals of rebuilding can also include ending previous rituals or adjusting them.

Examples of Daily and "Firsts" Rituals

- Reviewing progress toward your goals.
- Mindfulness, prayer, devotions, & meditation that help you meet new challenges.
- Learning and practicing new skills like cooking, art, writing, etc.
- Trying a new task or skill for the first time.
- Sleeping in the middle of the bed (bereaved spouses).
- Visiting a place or attending an event without your loved one.
- Surviving a special day or event without them
- Talking about your loved one to someone new

Journal Prompts

What are recent "firsts" you've dealt with? With whom do you share your rebuilding successes? Who seems to understand how important this is? What daily practices or habits have you started? How do these help?