

## Prescription For Honoring My Grief

**Name:** \_\_\_\_\_

**Diagnosis:** Grief. I don't have to offer an explanation to anyone for whatever I am experiencing.

**Treatment:**

- Abundant kindness and gentleness with myself.
- Sharing my feelings/story with people who will listen and not try to fix me.
- Patience with those who don't understand.
- Permission to NOT spend time with those who do not support me.
- A pass on events that leave me feeling tired and uncomfortable.
- Not having to apologize for tears and emotions that emerge at unexpected times.
- Permission to be alone when I need to be.
- Understanding that others in my life may be experiencing the "same loss" differently—we are on our own journeys.
- Not feeling guilty for laughter and joy when they appear.
- I do not have to justify the loss I am grieving over is "legitimate" to anyone.
- My own ideas \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Dosage:** Use as often as needed.

**Expiration:** Frequency of usage may fluctuate over time, but prescription is refillable until last breath since Grief is an on-going acquaintance throughout life.

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