



I AM DOING AS WELL AS I CAN FOR TODAY

When I'm feeling ...

guilty
crazy
lonely
scared
disoriented
heartbroken
overwhelmed
angry

And I feel I have ...

no motivation
no appetites
no interests

Or that I should ...

be dealing with this better
pull myself together
not burden my friends

When I ...

can't sleep
don't breathe normally
catch cold easily
worry about my future
am consumed with my loss

I can turn this page and tell myself ...



I am doing as well as I can for today.

I will try to understand that grief is a natural reaction to loss.

I will take good care of myself

I will be gentle with myself.

I have the strength to face my grief.

I can take as long as I need to heal myself.

I can cry if I need to.

I can have my feelings (whatever they may be).

I have the courage to ask for help when necessary.

I can talk about my grief with people I trust.

I did the best I could at the time for my loved one.

I will take one day at a time.

I am strong and have more inner resources than I think.

I will survive my pain.

I will heal and recover.