

## **Your heart is broken...NOT your head.**



- Grief is the normal and natural reaction to loss. It's not a pathological condition or a personality disorder, but society says there is something wrong with you if you aren't happy all of the time.
- No one can ever know exactly how you feel because no one had the relationship you had.
- Some of the most common things people hear following a loss are not helpful including "we know how you feel" and "it just takes time."
- Time alone does not heal heartache. Many people come to us with broken hearts over deaths that happened over 20 years ago. It's not time that heals, but what you do in that time.

When you are suffering, on a daily basis, with the pain of a broken heart, there is one major question you need to ask yourself: Do I want to continue to suffer this pain for the rest of my life? Many people think this is the only option, and the fate they must endure forever. Many become accustomed to finding themselves in tears at odd moments throughout their days when they think of a love or relationship lost. Others believe that their loss has destroyed their happiness and sense of security, and now feel that they will be bitter and joyless forever. That is not the case. You have options that can move you out from under this cloud.

The grief that comes with any emotional loss can be overwhelming and also very isolating. Often people find that those they normally count on for emotional support are at a total loss when it comes to offering effective and meaningful assistance. They will often give you logical reasons why you should not feel bad, but that rarely helps. Grief is emotional and not logical! Your head is actual okay, it's your heart that needs help. The fact that you are seeking help in dealing with that emotional pain is not a sign of weakness, but rather a recognition on your part that you are interested in taking recovery action!

### **Here are two statements that reflect what you may be feeling:**

- If you have been devastated by the death of someone you loved, your grief may be: "The feeling of reaching out for someone who's always been there for you, only to discover when you need them one more time, they are no longer here."
- If you who have been impacted by the death of someone who should have been a loving person to you, but wasn't, your grief may be "The feeling of reaching out for someone who was never there for you only to discover that when you need them one more time, they are still not there." [This also applies to divorce or other estrangements.]

### **Who is it for?**

Anyone, if you suffer from grief no matter the cause. There are over 40 loss experiences including death, divorce, moving, pet loss, change in financial status and loss of trust.

If you:

1. Have experienced any of these losses
2. Have a broken heart
3. And want to feel better

This program is for you.

### **When can I start?**

It is never too soon to heal your broken heart. Would you wait to get help if you broke your arm? Then why wait when you break your heart?

It's in the time immediately following a loss that your memories of those relationships are the most vivid and accurate. Those memories help you discover what you need to get complete with the relationship.

This program is designed to be a safe place to examine what you've been taught about loss, to explore your beliefs about grief, and will guide you in completing a set of actions that will enable you to move forward in your life with hope. Once equipped with these tools, you will be able to work through other losses that you may have experienced in your past.

The time is now.