

12 WEEK PROGRAM



1
Overview
Grief Defined
Grief Myths

2
5 Stages of Grief
Levels of Grief
Grief Story

3
Desire, Hope & Effort
H.O.P.E. Model of Healing
Hidden Grief

4
5 Foundations of Growth
Coping
Distractions

5
The Boulder of Grief
The TEAR Cycle
The Bridge of Grief and Pain

6
Understanding
Emotions
Suffering

7
Guilt
Shame
Anger

8
Discovering
The Bridge of Grief & Pain
Personal Story Timeline

9
Relationship Challenges
Hope
Relationship Memories Map

10
Resolving
Ho'oponopono
Communication Chart

11
Letter of Forgiveness, Gratitude & Love
Rebuilding
Intention & Discovering Joy

12
Wrap-up

Good job!