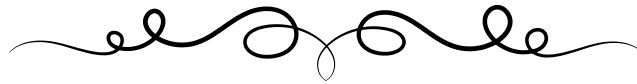


GRIEF JOURNEY CONTRACT



Date:

From:

To: MYSELF

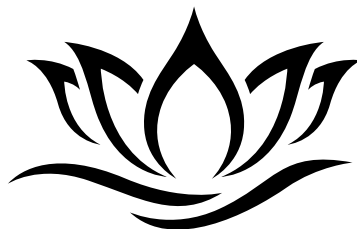
I, _____, AGREE FROM THIS DAY FORWARD TO THE FOLLOWING ITEMS BELOW:

1. I will talk to myself the way my best friend or ideal parent would speak to me.
2. I will gently remind myself that there is no right or wrong way to grieve.
3. I will allow myself to be supported by those who I know are safe, who are okay with me not being okay, and have my best interest at heart.
4. I will remind myself that it is okay to not be okay.
5. I will not compare my loss or grief to others.
6. I will allow myself to feel my feelings without judging or criticizing myself.
7. When my inner critic comes up, I will thank it for trying to protect me and then speak to myself with compassion and non-judgment.
8. I will allow myself to rest free of guilt or shame.
9. I will accept that everyone grieves differently including my partner and/or or loved ones.
10. I will soothe myself with my favorite blanket, scents, shows, people, places, activities, nourishing foods, warm drinks, and sounds.

ALL ITEMS ABOVE WILL BE DONE WITH FLEXIBILITY, PATIENCE, GENTLENESS, AND COMPASSION

Sincerely,

Acknowledged and Agreed:



created with love by The Holistic Grief Coach