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Certified Grief Recovery Specialist®  
The Grief Recovery Method®

In my own journey of healing and continuous learning, I grew to appreciate these quotes:

**“When your heart is broken, your head doesn’t work right.”**  
**“You gotta feel it before you can heal it.”**

As a Health Coach and Grief Recovery Specialist, one of my primary goals is to educate you on the significant emotional pain that develops from the buried, unresolved grief accumulated throughout our lives. When those losses remain unacknowledged or unrecognized, our health and happiness can suffer a great deal and jeopardize our overall life and well-being.

The Grief Recovery Method® Program is meant to challenge you and requires you to go deep and be fully in your heart space. Trying to recover from grief from an intellectual level doesn’t move us forward. It is easier to compartmentalize unwanted feelings to avoid dealing with them. Ultimately, this only works for so long. The Grief Recovery Method® teaches a proven process to become emotionally complete with everything that has happened in your life.

The 7-week program consists of weekly one-hour video conference sessions, readings from The Grief Recovery Handbook, accompanied by reflective, transformational homework to help you uncover and grieve your own losses. You can start your healing journey now by reviewing the following Grief Recovery Questionnaire to explore the various losses you may have experienced. Gleaning this type of insight is crucial in understanding your story and being able to heal and experience true peace despite pain from the past.

If you want to live your best life, email me to schedule a complimentary exploratory session. I look forward to answering any questions you may have about this life-changing program.

In Wellness,  
Ronda Bonfanti  
Loss To Love Coaching



The Grief Recovery Method®  
by The Grief Recovery Institute®

## **The Grief Recovery Method® Questionnaire**

Our time proven method is based in part on helping grieverers create a new level of awareness. Part of that process is helping you to better understand all of the different life experiences that produce grief.

Did you move more than twice before the age of 10?	Yes	No
Did you ever have a pet die?	Yes	No
Did you have early childhood religious training?	Yes	No
Have you experienced a major change in financial conditions? (+ or -)	Yes	No
Have you ever quit a job? Have you ever been fired?	Yes	No
Have you ever been married or divorced?	Yes	No
Did you graduate from high school? ...from college?	Yes	No
Have you experienced the death of a close family member?	Yes	No
Have you experienced the death of a distant family member?	Yes	No
Were you physically abused during childhood? ...as an adult?	Yes	No
Were you sexually abused during childhood? ...as an adult?	Yes	No
Have you ever been involved with a miscarriage, stillbirth or abortion?	Yes	No
Do you have a strained or painful relationship with a living parent(s), spouse, friend or coworker?	Yes	No
Do you harbor any resentments or ill-feelings toward a deceased parent(s), spouse, friend, or relative?	Yes	No
Have you ever experienced the loss of the use or function of any part of your body?	Yes	No
Have you ever experienced the death of a spouse?	Yes	No
Are there long stretches of your childhood that you cannot remember?	Yes	No
Have you experienced a series of illnesses or accidents?	Yes	No
Have you been involved in a long series of unsuccessful relationship?	Yes	No
Have you ever been a caregiver or helped someone through a health situation?	Yes	No
Are there aspects of your life you wish had turned out differently?	Yes	No

These questions are only a partial list of the possible LOSSES we can experience. If you answered YES to ANY of these questions, there is a strong possibility that you were indoctrinated with a whole host of MISINFORMATION about dealing with the pain caused by loss. You may have been influenced to believe that there was something wrong with you, that you were defective. The simple truth is that you may not have much helpful information with which to GRIEVE and COMPLETE the losses that have occurred in your life.