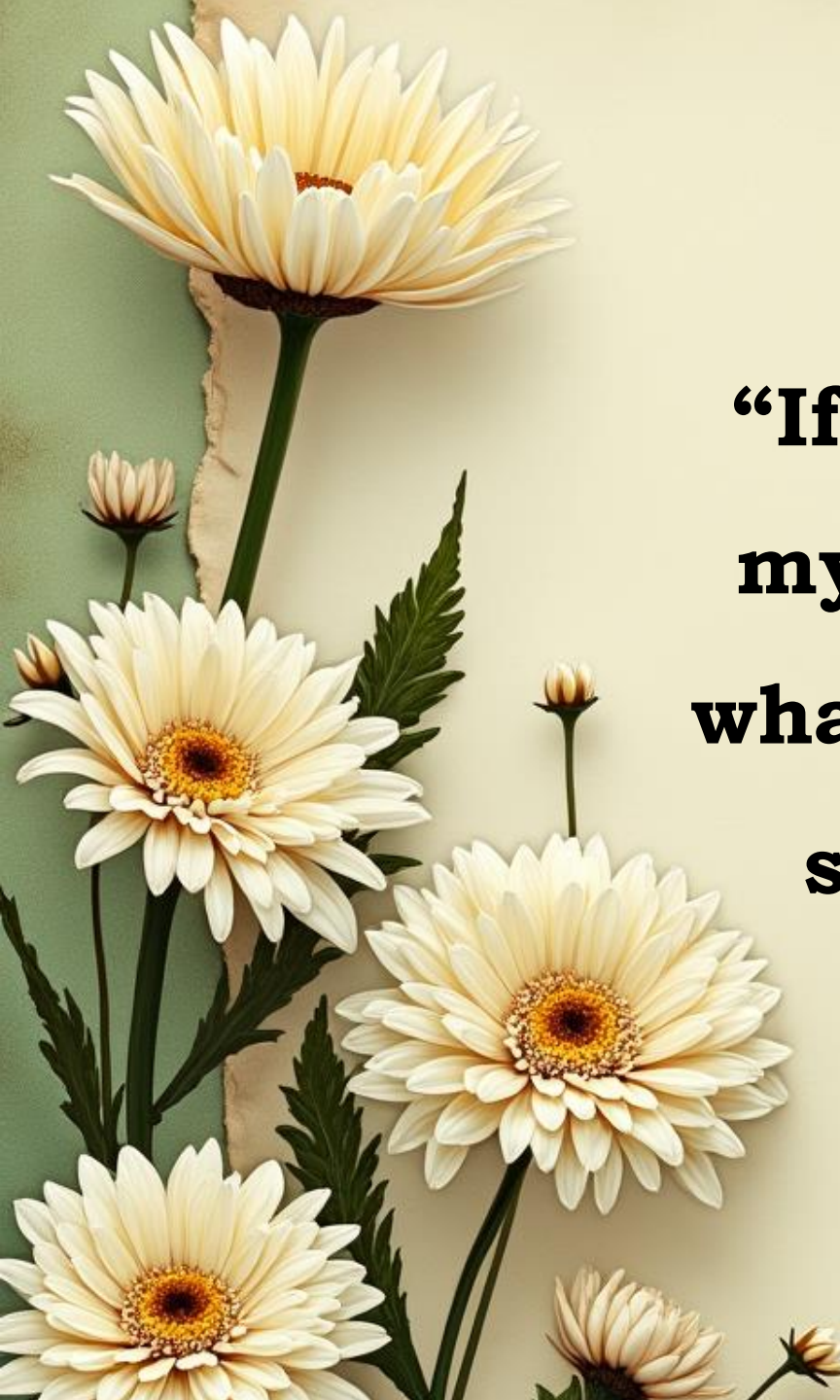
A bouquet of white lilies with green leaves is positioned on the left side of the image, partially overlapping a light-colored, textured card. The card has a decorative border and faint floral patterns in the corners. The background is a dark green, patterned fabric.

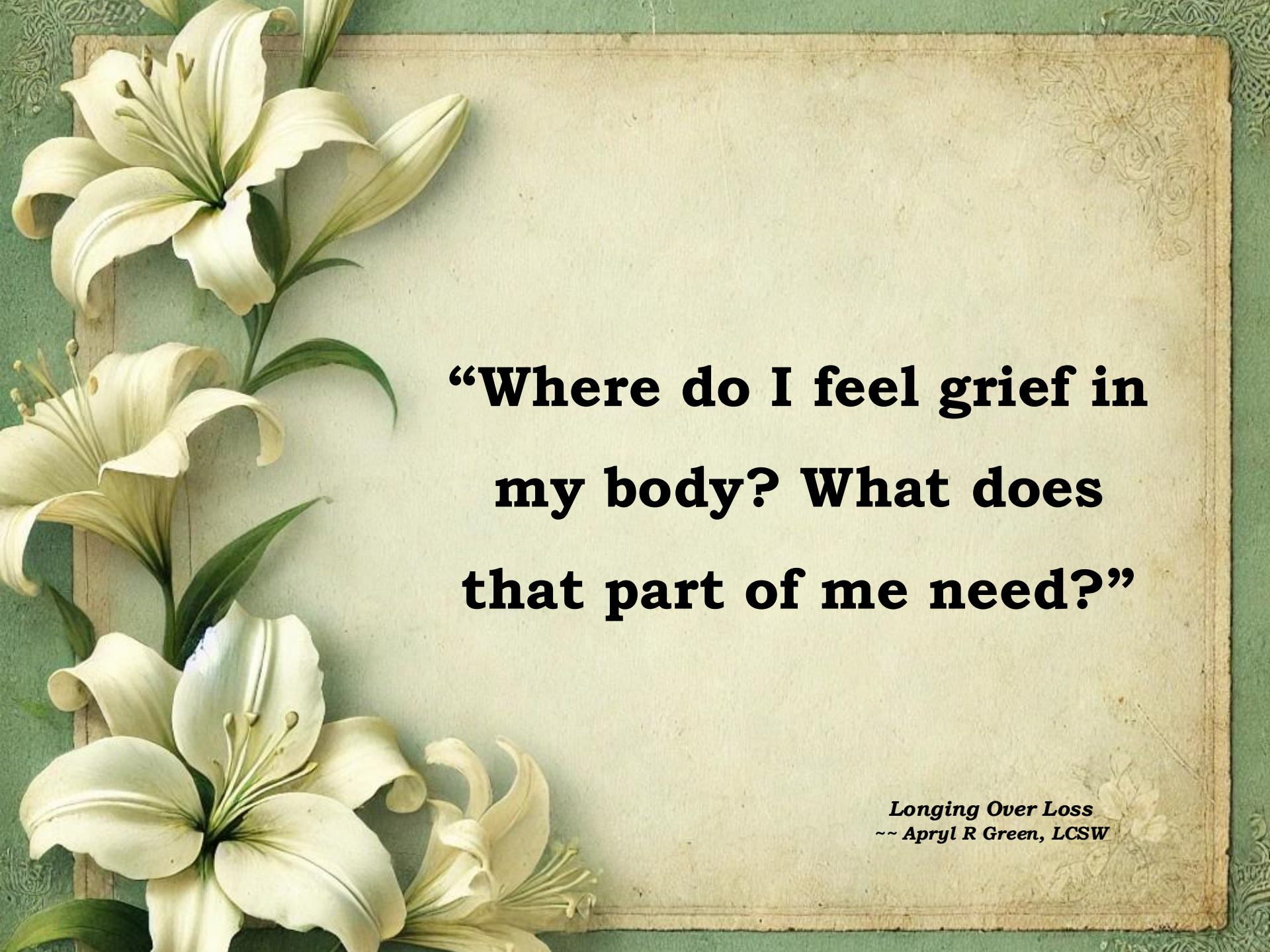
**“Grief changes, but it
doesn’t end. How is it
showing up today?”**

Longing Over Loss
~~ Apryl R Green, LCSW



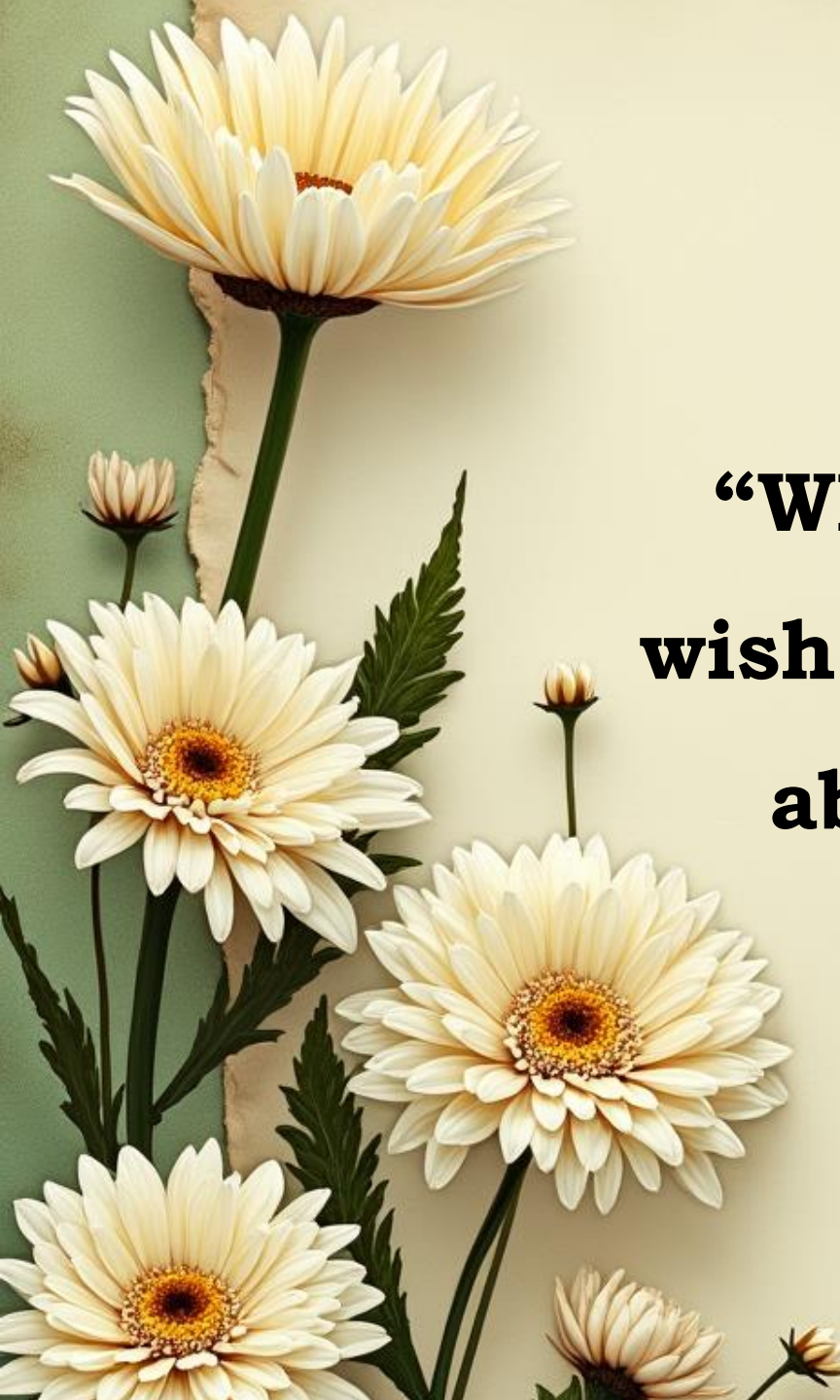
**“If I could speak to
my person (or pet),
what would I want to
say right now?”**

Longing Over Loss
~~ Apryl R Green, LCSW



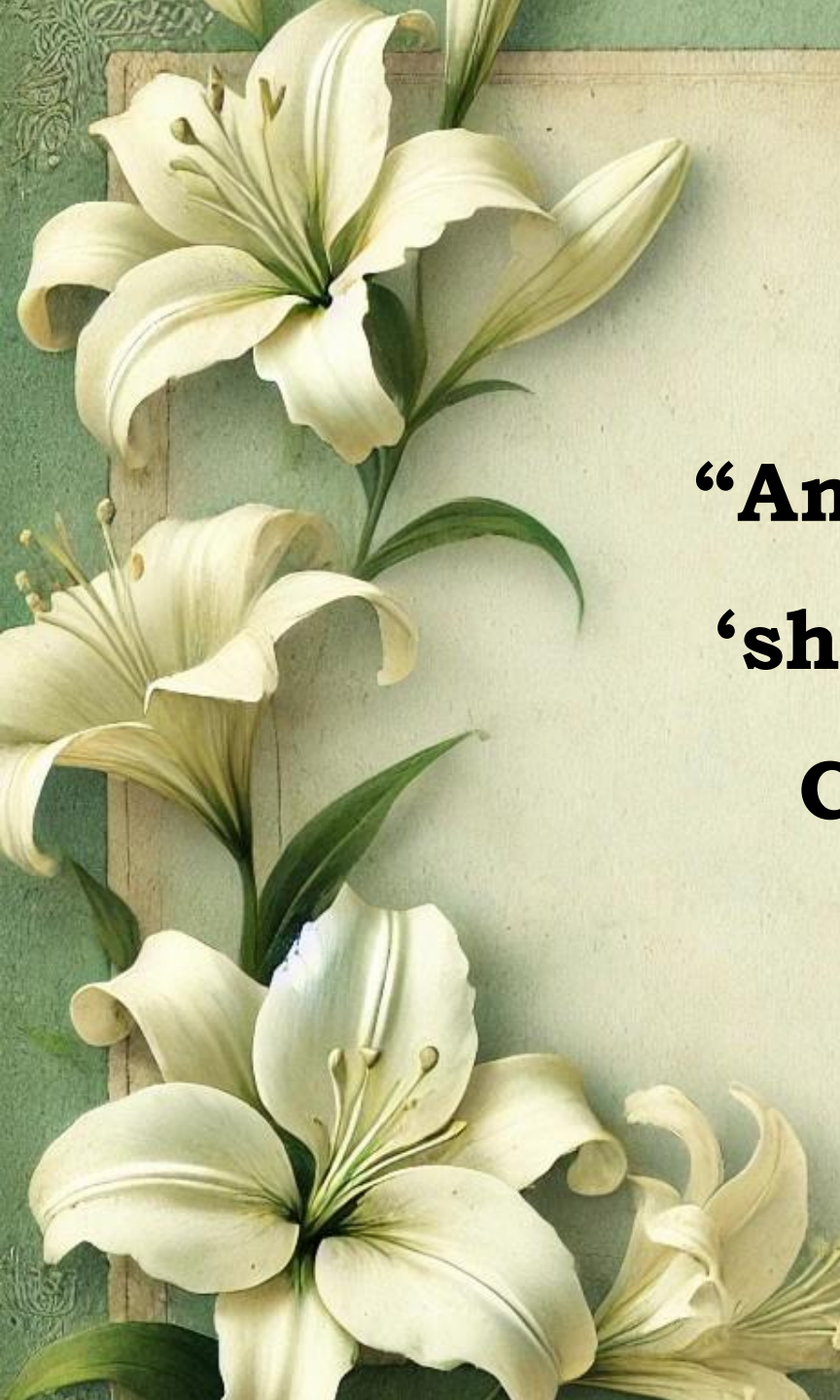
**“Where do I feel grief in
my body? What does
that part of me need?”**

Longing Over Loss
~~ Apryl R Green, LCSW



**“What is one thing I
wish others understood
about my grief?”**

Longing Over Loss
~~ Apryl R Green, LCSW



**“Am I carrying guilt or
‘should haves’ today?
Can I offer myself
some grace?”**

*Longing Over Loss
~~ Apryl R Green, LCSW*