

LETTING GO OF HOW THINGS WERE CHOOSING OUR NEW NORM

TAKE TIME TO BE YOU

honour how you feel

Here is a simple worksheet to help us make sense of the emotions and the possible stages we might be going through right now.

ARE WE GRIEVING THE LIFE WE ONCE HAD?

Are you experiencing any of these?

DENIAL

A natural coping mechanism that arises when faced with an unexpected new reality.

ANGER

A strong emotion often tainted with judgement but one that allows us to express the non-sensical nature of what is happening.

BARGAINING

Wanting to change what is. Swap it back for what was in exchange of... anything... Hoping for a new reality.

DEPRESSION (ANXIETY)

Feeling hopeless and helpless. A general sense of emptiness. Not knowing what to do next.

ACCEPTANCE

Acknowledging and realising there is a new reality. We begin to understand the new now and start to willingly participate in it.

* Inspired by Gregg Bradden's recent talk on the current grief phenomenon and referencing Elisabeth Kübler-Ross and David Kessler's 'Five Stages of Grief'

NOW, OVER TO YOU...

Use this space to journal your feelings. Write down what's been bubbling up inside you. Let it out with kindness and compassion. Trusting that it's all part of the process and welcoming whatever comes next.



HOPE

Honour how you feel and as you process your emotions let them go knowing that they got you where you needed to be. Open yourself up to the possibility of a new now. And think about what you can bring along in this new journey. You don't have to carry the same 'baggage' as before. You get to choose what you bring along.

