

Checking grief EXPECTATIONS

It can be easy to let the weight of our ever-forward-moving society impact how we see our grief journey. We may catch ourselves thinking that we aren't moving through grief fast enough, or that we may be stuck in one place longer than we think we should be.

This resource is a place for you to start gently reminding yourself that your grief has no timeline, there is no right or wrong way to grieve, and that you will find ways that work for you to cope, even if they may not work for someone else.

Here you are able to see some of the looming expectations we might be feeling. The three offshoots are places to shift to healthier and gentler ways of embracing your grief. These might just be some thoughts we have about grief, so feel free to flip the page over and add more thoughts you would like to gently challenge.

Just remember to be compassionate with yourself when shifting your thinking from these expectations to healthier ones.

? "SHOULDN'T I FEEL BETTER BY NOW?"



I am right where I need to be.

? "I DON'T WANT TO BURDEN OTHERS WITH MY GRIEF."



It's healthy to talk things out.

? "I NEED TO BE GETTING MORE DONE."



Grief is tiring. It's ok to rest too.

? "WHAT IF PEOPLE ARE JUDGING ME?"



Everyone is different. It's good to stay true to my journey.

? "I DON'T KNOW WHAT STAGE OF GRIEF I SHOULD BE IN."



I don't need to worry about stages. My grief will ebb and flow, and that's ok.



SPECIAL NOTE: There are no stages of grief. This was an old theory that is no longer relevant. Grief is not a linear experience, but a life long journey that will grow and change with us.