

Making peace with the pain of loss

Accepting grief doesn't mean that the pain is gone forever. However, acceptance does set the stage for feeling more peace in the future. Envisioning what acceptance will look like and planning action steps can help you move toward that peace, even if you feel far away from it right now.

Experiment with this idea by working through the following table:

1. Losses	2. Your Vision	3. Obstacles to overcome	4. Action Steps
List specific losses you've experienced during 2020	Describe a vision for making peace with this loss. What will you feel when this occurs? What will you have that you don't have now?	Identify obstacles you need to overcome to deal with this loss.	Identify small action steps that will help you let go of the pain surrounding this loss, get past obstacles and move towards acceptance.
Eg. Loss of my job	To be able to provide for myself	Lack of jobs, my fear of rejection and failure	Make a list of possible job and business opportunities