



Good Mourning

The CRAFT of Healing Well

Once you understand grief and loss and have assessed your own situation, then you are ready to help yourself heal the pain of your loss. You could say that it's a matter of CRAFT.

Complete the following sentences:

Comfort

I can make myself feel better by _____,
_____ and _____.

Resources

Community resources for people who are grieving include

_____, _____
and _____.

(Look these up in the yellow pages or ask friends, your doctor, pastor or counselor.)

Acceptance

In the past I have learned to accept the following difficult circumstances:

Feelings & friends

I feel this way about my loss:

I know I am entitled to these feelings. I also know I can count on the following friends:

Trusting the process

Trusting the process often involves relaxing and letting go. Learning to swim or ride a bicycle are common early experiences in trusting a process. Other ways that I have grown by relaxing and letting go are:

Comfort

Resources

Acceptance

Feelings & friends

Trusting the process



“When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.”

*—Alexander
Graham Bell*