

Preparation

First steps

What we wish people had said
Advice to newly bereaved
Men vs women grief

Attitude

Positive attitude-
Attitude in general
Hope
Resiliency and strength
Happiness
Smiling and happiness
Laughter and happiness
Courage of our convictions
Personal strengths
Life goes on
One can make a difference

Action

Adjusting to new life
Living in the moment
Living life to the fullest
Overcoming crisis-
New Year's resolutions
Renewing commitments
Doing things just for ourselves
Helping ourselves
Gaining control
Making progress
Saying goodbye
Achieving a new normal

Reflection

Change
Change vs no change
Challenges
New choices
New beginnings
Life's new direction
Being thankful
Positives in our life
First (good) anniversaries
Triggers – image, sound, event, etc
Ways to remember
Good memories
Inspirational moments/memories
Life as a tapestry
Healing as a rainbow
Gifts
Journey of grief
Remembering the journey
Accomplishments
Lessons learned
Stronger Steps, Longer Steps

Holidays
Seasons

Moving forward - result

* What comes next?

Other