

ONE STEP TOWARD THE LIGHT

A tool for when grief has gone flat and dark

You are in a place where nothing feels possible, because grief has a way of making the future disappear. People who have answered these four questions have found something shift. Not everything. Not all at once. But something.

The payback for actually doing it when you don't want to is priceless.
Notice the shift, even if only the tiniest bit.

WHAT IS ONE ACTIVITY YOU ENJOYED DOING ON YOUR OWN BEFORE?

Something just for you. Where were you? What did it feel like in your body? What drew you to it?

WHAT STOPPED YOU FROM DOING IT?

Not just lack of energy or guilt. Go deeper. Is there a fear that doing it will crack open emotions tied to it? A belief that it simply is not possible anymore?

IMAGINE A FUTURE VERSION OF YOURSELF DOING THIS SMALL THING.

How are you feeling? What is different about you?

WHAT IS ONE SMALL PIECE OF THIS YOU WILL DO TODAY OR THIS WEEK?

Not the whole thing. Just one piece.

"And most of all, you were sure it would be impossible for you to function as a whole human being. But you will. You will do all that, and you will do more." - Harriet Schiff