

WHAT TO DO NEXT WHEN GRIEF HITS

56 Instant Actions for the Unbearable Moments

WELCOME

You've already done something brave by starting this journey. This was built for everything in between: the moments that don't wait for the right time. The 3 am thoughts. The Tuesday morning when it hits out of nowhere. The quiet evening that stretches too long. It's something to reach for when you need it most.

HOW TO USE IT

You don't need to go through all 56. That's not the point. When something hits, open it, find the category that fits, pick the situation that matches, and do the one thing it says. That's it. Small actions are the whole point.

A NOTE

Some days you'll use this three times. Some days you won't need it at all. Both are okay. Keep going. The version of you on the other side of this is stronger than you can imagine right now.



START HERE

Don't forget to bookmark it

GRIEF, UNLOCKED.

THEGRIEFUNLOCKED.COM