

STEPS TO MAKING PROGRESS

ALLOW YOURSELF...

- To be imperfect
- Whatever brings you pleasure and a little peace
- To remember your child in whatever way you feel appropriate

FORCE YOURSELF...

- To keep communication open
- To accept offers of help from family and friends
- To go through the old routines again
- To really listen to your spouse and children
- To try an activity you used to enjoy

CONVINCE YOURSELF...

That every member of your family should and will grieve differently

- That you won't feel dead inside forever
- That your confusion with your spouse is normal

LET YOURSELF...

- Off the hook for problems
- Feel the anger
- Feel whatever it is you do feel about God
- Treasure your special friends

TEACH YOURSELF...

- To establish small goals
- Everything you can learn about grief
- To ignore well-intentioned, unhelpful comments of others
- To let go of the moment of your child's death
- To embrace the memories of your child

TALK TO YOURSELF...

- To change the negative ways you think
- About everything

FORGIVE YOURSELF...

- For not being the most perfect parent
- For all the things that you did or did not do

FIND YOURSELF...

- Now that you have changed into a different person
- Without relying on drugs, alcohol, etc.
- By relying on positive techniques (reading, writing, new hobby, etc)

INDULGE YOURSELF...

- By being selfish and doing something just for you
- Because you deserve it

EXPRESS YOURSELF...

- By talking out your feelings
- In a safe atmosphere such as The Compassionate Friends
- Through a new activity

FORGET YOURSELF AND GIVE OF YOURSELF...

By seeking out other bereaved parents and others in trouble

By concentrating on others who are in pain

To discover that WE NEED NOT WALK ALONE

As a tribute to your child

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