

1960 Elisabeth Kubler-Ross

"The most beautiful people we know have known defeat, suffering, pain, struggle, loss & have found their way back from the depths of pain."

LOSS = A CHANGE WE DIDN'T WANT  
UNIQUE TO EACH ONE OF US NOT ALWAYS LINEAR  
about burning something + finding the strength through the journey to realise that out of it can always be born something new

Story XL / Ep. 41

# GRIEF

## THE 6<sup>th</sup> STAGE

### CREATION

"IT WASN'T FOR NOTHING"

- I AM NOT WHO I WAS
- MY LIFE IS NOT WHAT IT WAS
- I CAN'T GO BACK TO ANY OF IT

my mess = my message  
we create a new sense of being, a new life, new values  
GROWTH + APPENS.

IF WE CAN MERELY INFLUENCE THE EXTERNAL WORLD, WE ALWAYS HAVE EVERYTHING WITHIN TO CONTROL THE INTERNAL WORLD.

## NO COMPARISON

- YOUR STORY IS YOUR OWN
- EVERYONE HAS AS VIVID A LIFE EXPERIENCE AS YOU
- YOUR GRIEF IS AS REAL AS ANY OTHER PERSON'S GRIEF
- EVERYONE EXPERIENCES GRIEF DIFFERENTLY, NO JUDGEMENT
- IT IS IMPERATIVE TO THINK ABOUT THE FACT THAT WE ALL LIVE WITH SOME UNATTENDED GRIEF

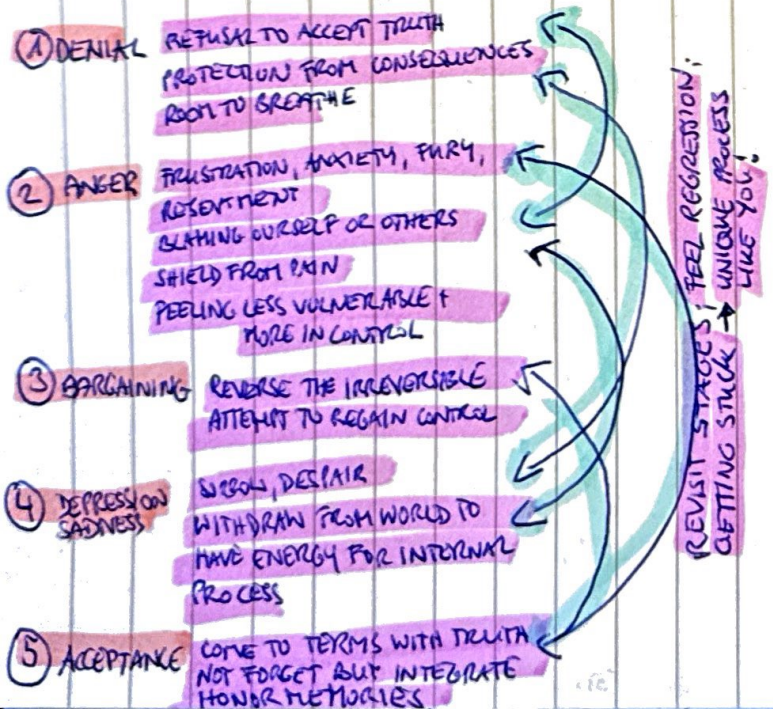
→ MATTHEW HUSSEY  
→ TOMMY ROSSINS

## EXERCISE "A VOICE IN CREATION"

FEELING FOR YOURSELF = care about yourself seeing the worth of you, your emotions sit with your feelings understand yourself show up for yourself be your dearest friend SEE, truly see, YOURSELF

VS.

FEELING SORRY FOR YOURSELF = LACK OF accountability, ownership + responsibility NOT DOING anything about it GETTING STUCK BY ABANDONING YOURSELF BY gloating, shaming, pity, victim, criticising, not recognizing emotions



during the next week invite yourself to sit alone, have time to yourself + ask:

- what grief/disappointment/heartbreak in your life have you not attended to?
- why was your instinct to abandon/move away from it?
- How would a loved one have handled your revelation? what would they have said?
- Could you adopt that same kind, generous, understanding, loving voice from the outside as your own NEW INNER VOICE from now on?