

Kate's 10 Declarations for Healing from Loss

1. My grief is a journey; I let go of a timeline or stages.
2. I do not aim to get over my grief; I aim to grow through it.
3. It is through my grief that I meet creativity and compassion.
4. I carry no shame in my sadness because sadness is my reminder that I know real joy.
5. Because I know the pain of loss, I choose to give more grace to others, whether I know or not, if they are in pain themselves.
6. It is not through my strength that I recognize my grief; it is through my grief that I realize my strength.
7. Although grief is personal and unique, I know it also uniquely connects me to others.
8. Grief is not my enemy; unresolved grief is.
9. Grief will happen to all of us, which is how I know its important to share my grief with others.
10. I grieve because I have loved...and that is a beautiful thing.