

## **If you are avoiding your pain and grief remind yourself:**

1. *Fear of pain is often worse than the pain itself.* When the pain starts to seep through to your consciousness, let it come. Don't fight those tears. If possible, give yourself specific times to grieve.
2. *Because feeling your core pain is scary, you might be tempted to seek comfort by numbing yourself – with alcohol, sleeping pills, or other addictive substances.* Be strong. Resist and persist in allowing your true pain to surface.
3. *You are an unfinished self in progress.* Like so many of life's challenges, experiencing and overcoming pain can reveal emotional depths and perspectives you didn't know you were capable of.
4. *Keep a journal.* Track your healing process through the five stages (you may skip some stages and also regress or cycle back), but a journal will show you that *progress is being made*. And remember, after you pass through stage 4, that final stage of Acceptance is right around the corner! Whew!

Source: "The Bounce Back Book: how to thrive in the face of adversity setbacks, and losses." by Karen Salmansohn