



SMILE AGAIN FROM THE HEART

How to navigate grief

GRUPOTCP.COM
TRANSFORMATION AND PERSONAL GROWTH
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What is grief?

It is any kind of loss, which profoundly changes my life, something from which I must learn to say goodbye.

- The death of a loved one
- When children leave home
- Stop being a mom and dad of a baby and now a teenager
- By roles: I stopped doing something or a function I did for many years
- Job loss
- Someone we love who must leave, does not know how to live without her
- For a pet
- For losing a physical capacity, an accident
- For valuable things that are ruined, broken...

Grief is not a disease, something to be ashamed of, or hidden, nor is it just letting go. IT IS A HEALTHY, NORMAL AND NATURAL REACTION TO A LOSS. THE HEALTHY THING IN THE FACE OF A LOSS IS TO GRIEVE...

The opposite, pretending that nothing happened, that it does not hurt, that is a disease.

It is not a process to forget or simply let go, it is a normal, natural and healthy process in the face of the painful experience of a loss or a profound change, to go through it from the acceptance that the memory of the loved one will continue, from hope, that allows us to smile again.

This is part of knowing how to take care of my own humanity.

In a CONSCIOUS WAY, we need to learn how to carry the grief in a healthy, normal and natural process, going through it with serenity and wisdom, seeing with hope the great learnings that the painful experience leaves us:

1. YOU ONLY POSSESS WHAT YOU CANNOT LOSE IN A WRECK: To know and recognize MY ORIGIN, that inner strength, the qualities, my strengths that have always been with me and have sustained and rescued me in difficult moments.
2. EL GRANITO DE ARROZ "THE GRAIN OF RICE" (Anthony de Melho): Empathy that brings us good news: that we cannot grow alone
3. IN LIFE FRIEND, IN LIFE... LIVE TODAY TO THE FULLEST!! LET ALL BE SAID AND DONE!
4. Give in life, offer gratitude in life, express love, forgiveness, apologies in life... LIVE FROM DAY TO DAY!
5. GRIEF, IT HURTS
6. GRIEVANCE... You have to go through there and let the emotions drain... If we want to grieve we need to talk and share what we are going through and feeling, WITHOUT FORGETTING THAT HURTING DOES NOT MEAN FORGETTING!

If this does not happen, that is, by not being able to grieve, it becomes complicated grievance and we need help from a professional to get ahead.

For this to happen, we must know that grief has two senses:

1. **HURTING IS A PROCESS:** which means time and change
 - i. DENIAL
 - ii. WRATH
 - iii. NEGOTIATION
 - iv. DEPRESSION
 - v. ACCEPTANCE
2. **HURTING IMPLIES WORK:** recognizing that it is my conscious and committed responsibility and willingness to WORK with myself to be well.

Therefore, we need to process grief and work on grief.



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My grief _____

GRIEF STAGE	NOTES
Denial	
Wrath	
Negotiation	
Depression	
Acceptance	

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