


FROM GRIEVING TO GRATEFUL



HEAL
YOUR BROKEN
HEART



WORKBOOK

BY JACQUELINE STEUDLER

Welcome to Your Free Workbook!

From Grieving to Grateful
Heal Your Broken Heart

by
Jacqueline Steudler

Connect with Jacqueline at

healingforgrievinghearts.com

facebook.com/healingforgrievinghearts

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From Grieving to Grateful - Workbook by Jacqueline Steudler

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Introduction

The ***From Grieving to Grateful Workbook*** includes easy-to-follow steps and exercises that will help you move your healing process to a new place of gratefulness for the love you experienced.

Have a journal or notebook ready as well. Jot down what you find important, or answer the questions as they pop up in this work book.

Everything you'll find in this short-read book comes from years of experience working with grieving women and my own grief process after the loss of my mother in 2013. My approach to this work is based on my training as an art therapist and is lovingly designed to help you heal the very natural grief your heart is feeling.

Please be advised that this workbook or the ebook itself isn't a replacement for in-person help with a therapist or a support group if you feel overwhelmed by your feelings. Take care of yourself and find help in your community immediately.

Never use a book or an online article as a substitute for professional in-person help.

CHAPTER 1

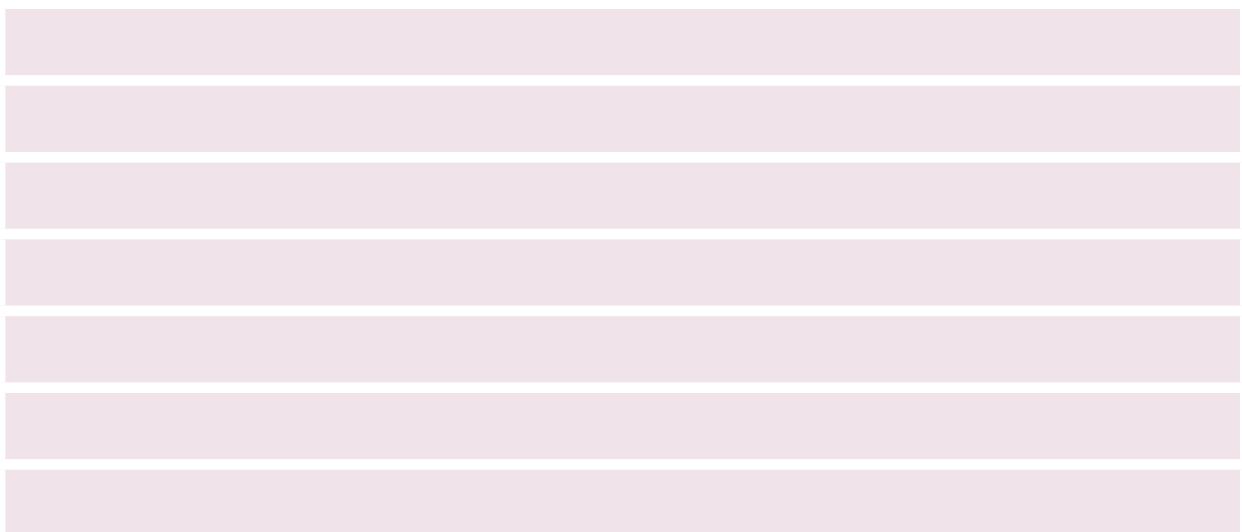
What is Grief and Grieving?

When it comes to grief, we are all beginners.

We have to open our hearts fully to a non-judgmental state if we want to help ourselves and others. We cannot continue to categorize grief. Everyone who grieves a loss is worthy of our attention and compassion.

Open Heart Exercise

- Close your eyes and take a deep breath. Now open your heart to the love that your loved one instilled in you. What would unconditional love look like to them? Open your heart to his/her love.
- Take a piece of paper or your journal, and write down what unconditional love meant to you and your loved one.



Sometimes our words need to be heard by others to resonate within our soul and start the healing process.

Unbroken Continuity Exercise

- Think of your loved one, and read the poem by Henry Scott-Holland out loud to yourself or in the presence of a dear friend. (Poem can be found on page 10 in the ebook *From Grieving to Grateful*.)
- When you come to the line Call me by my old familiar name, add all the names that your loved one was called by: birth name, nicknames, love names, etc....

Your grief doesn't follow any stages.

“Is My Grief Normal?” Questionnaire

- Below is a link to a questionnaire called Is My Grief Normal?
- Have a look and find out what the common reactions to grief are. Where are you at?

Is my Grief Normal Questionnaire:

HealingForGrievingHearts.com/questionnaire

The live link above will bring you to the questionnaire on my website.

Chapter 2

Honoring is Healing

Sharing our stories is a part of the healing process.

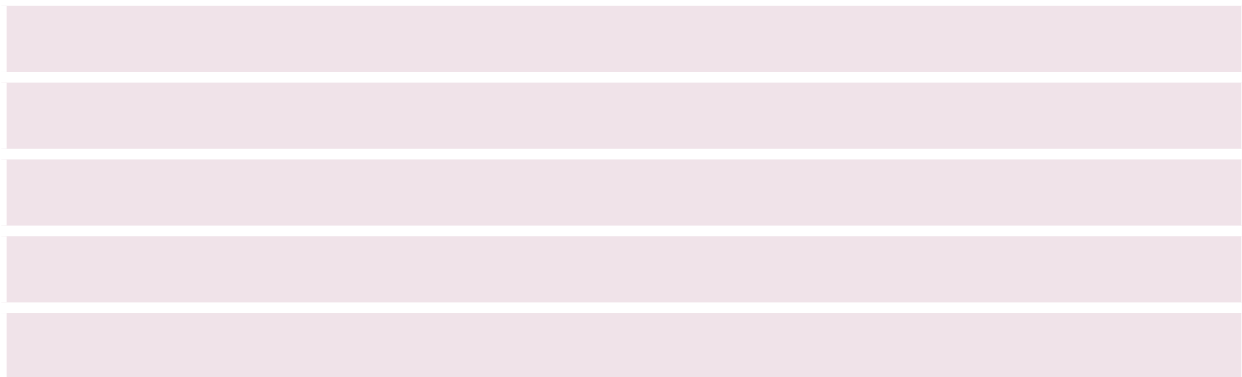
Feeling grateful for the time together can be celebrated through these shared stories.

Thinking of You Exercise

- Think of your loved one and recall one of the stories that you shared together.
- Then call a good friend and tell them, too.

The more we share our memories, the more we step into our inner strength and find gratefulness for the time we had with them. You might feel overwhelmed if the death occurred recently. Give yourself time but then....

What is the first memory with your loved one that comes to mind?



Resilience

Psychologically, resilience is defined as an individual's ability to adapt to stress and adversity.

Some factors that make someone resilient include:

- a positive attitude
- optimism
- flexible thinking
- the ability to regulate emotions
- the ability to see failure as a form of helpful feedback
- belief in oneself
- the ability to take responsibility for one's life
- the ability to seek good relationships
- acceptance of self, others, and life

Resilience Exercise

- Take your journal or use the lines here, and write down which of the above traits are yours too.

-
- Are any of your traits missing from the list above?

Four horizontal light purple bars for writing.

- What helps you to overcome difficult situations?

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- What are your typical action steps when you try to solve a problem?

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- Build your own resilience list. What are your traits that help you through difficult times?

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Chapter 3

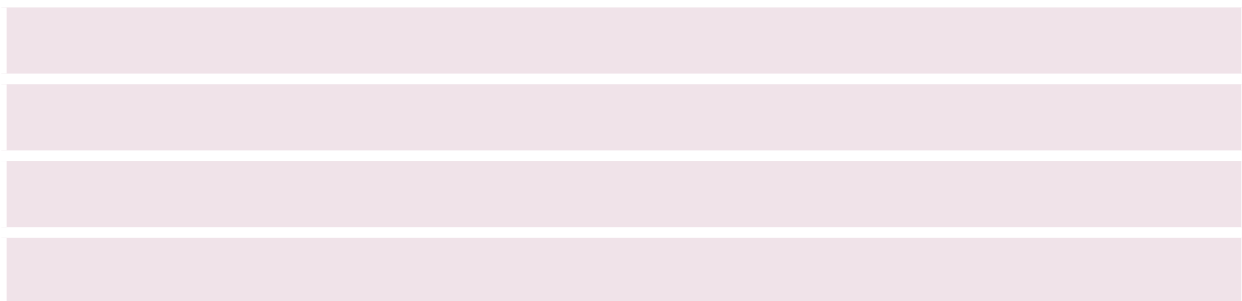
Emotion is Energy

Our behavior can change how we feel and influence our emotions. Consider to establish a support net to keep yourself connected and healthy.

Reach out to your friends, family, or community. Look for grief support groups in your area. Give one a try. Or you might prefer to talk to others through an online forum.

Finding Support Action Steps

- Write down the names of the first three friends who come to mind that you can talk with about your loved one and your grief and feel safe. Sometimes, the person who comes to mind first isn't even a close friend but someone you know you can trust.



-
- Research the support groups in your community or in a bigger city nearby; write their information down.

Four horizontal light purple bars for taking notes.

- Google grief forums, grief support groups online, and grief support Facebook groups.

Four horizontal light purple bars for taking notes.

- Find a place where you can share what you're going through right now, the good days and the bad days. Other grievors will understand you. Hearing their loving comments will bolster your resilience, support emotional self-regulation, and motivate you to help them in return.

Four horizontal light purple bars for taking notes.

We're social creatures and can help each other through these difficult times.

Chapter 4

Accepting is Movement

Self-Care and Grateful Journal Exercise

- Breathe deeply and exhale counting to three in stressful situations. Do it three times in a row.
- Practice regular self-care, like taking a hot bath or a warm shower. What will you do today for yourself?

- Start a grateful journal: Focus each day on three things that you are grateful for. It can be the sunshine, a warm coat on a winter's day, or a friend who called you. Shifting your focus to the pieces in your life that are positive will help in your healing process. What are you grateful today?

What can you do to feel more comfortable when giving away your loved one's possessions?

I advise my clients to have three boxes ready. Most likely you will have three piles.

- One box for items you want to donate.
- One box for items you want to keep.
- One box for items you're not sure yet if you want to donate or keep.
- After three months, have another look at the two boxes that stayed in the house.
- Get a new donation box, and from the other two boxes, put items in it that you now find you can donate.
- Continue this process every three months with the sorting system until you only have the pieces that are so meaningful to you that you can't give them away.
- Make a list of your loved one's possessions in your journal that you would like to give to friends and family.
- Make a list of charities you trust.
- Get the three boxes, and start sorting.

This task is difficult—so give yourself time.

Healing Meditation Exercise

Follow the link below (copy and paste if necessary) to a healing meditation.

healingforgrievinghearts.com/blue-light-meditation-jst

Create Your Own Digital Story

Create your own digital story like discussed in the book *From Grieving to Grateful* page 48 ff.

- Go through the images of your loved one that has died.
- If you're working with digital images print about 10-15 images that you feel depict your loved one well.
- Lay these images on a table or floor and look at them from a distance.
- Which ones stand out, make you smile, make you cry, make you want to grab and hold close to your heart?
- Find the one image that tells the story of your loved one the best.
- Grab a piece of paper and lay the photo in front of you.
- For the next 30 minutes or less start to write down what this image is all about. What story does the image tell?
- Take your story and make it shorter. You're looking for the essence of your loved one's life.
- Read the story out loud and try to make it sound like you tell a friend. If you need to change words go ahead.
- Take the photo, your text, and your phone or other video recording device.
- While filming the photo speak the text that you've written.
- You just created your first digital story.

Important: Treat the digital story like a journal entry. If you want to show it to someone else wait at least a month or better yet three months. You don't want to get hurt by the comments of people that don't understand your grieving process.

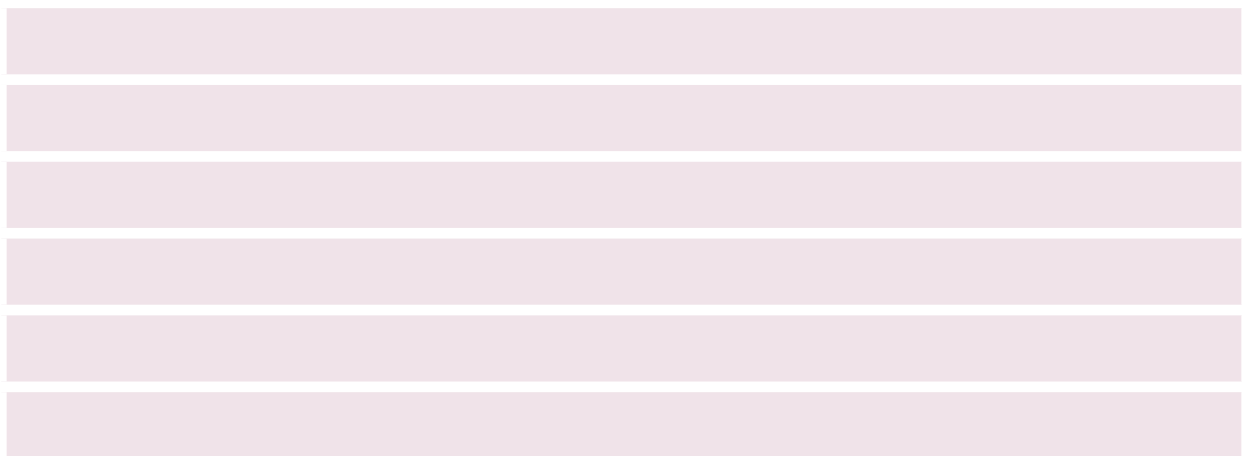
Chapter 5

Love is the Answer

Remember that you and your ability to love are still a part of your life today.

Looking at Love Exercise

- Have a look around you, and think of all the people in your life. Who do you love?
- Has your love for them changed because you lost a loved one?
- Has it been diminished because you're grieving?
- Just sit with these two questions for a moment.
- Write their names in your journal, and add any feelings you have as you are thinking of them.



Your love for them might have changed because grief has changed you. Your love might have become even stronger because you have been reminded that life can end.

Love can be expressed through rituals.

Review the rituals in the book *From Grieving to Grateful* on page 56 ff.

Ritual Action Steps

- Make a list of people whom you would like to invite for a ritual.

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- Do you have any rituals that you already perform or have performed? List them.

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- When would be a good time to add a ritual to your life?

Two horizontal light pink bars for writing.

By creating experiences and rituals, we heal and find a new purpose. Rituals help us to be grateful for the time we had with our loved ones.

Special offer for you: [Healing Rituals online course!](#)

Use coupon code **grateful20** at checkout
and you pay \$47 for the course.

The course introduces you to eleven rituals that you can use right away.

Chapter 6

Grateful is a Feeling

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

— Albert Einstein

Miracle List

- List the miracles in your life.

A series of 12 horizontal light purple bars, stacked vertically, intended for writing a list of miracles.

Bonus Chapter

The Healing Power of the Arts

“Art is when you hear a knocking from your soul... and you answer.”

— Terri Guillemets

Art-making can help you heal a loss

To heal on the deepest levels, we need to hear and acknowledge what's in our hearts, minds, and souls. Art-making does that. It opens the door to those profound parts of ourselves and our gratitude for everything that lies inside us.

Congratulations of being proactive and looking for new ways to heal your grief and find a new gratefulness for what has been and what will be.

If you would like to connect please join my [email list](#).

Take good care,

Jacqueline

About Jacqueline Steudler



Growing up in Switzerland, Jacqueline Steudler always had a creative project going. After working for ten years in the school system as a teacher, she realized she needed a new direction for her compassion and empathy for others. She trained as an art therapist and opened her art therapy practice in 2000 near Zurich, Switzerland.

Jacqueline worked with children and adults in groups and in one-on-one sessions. With the help of School Psychology Services, she implemented a program for children with war trauma.

In 2003, she visited Nova Scotia and met her Canadian spouse. The long and winding road as an immigrant in a new country with a new culture has shaped her respect and understanding of others even more. She knows what it feels like to start over, build new connections, and reinvent her life in more ways than one.

Jacqueline has worked with Autism Nova Scotia and the Art Gallery of Nova Scotia. She has facilitated art-based community

development projects through grants from the 4Cs Foundation in various communities and schools.

Other projects she has been involved with include Lunch and Learn sessions at the local hospital, the IWK Health Centre; workshops for recreation professionals; the Bayers Westwood Family Resource Centre; and the Northern Shared Chronic Pain Services. Jacqueline facilitated group art therapy for L'Arche residents in Halifax and members of the Epilepsy Association of the Maritimes.

Since 2014, she has helped women navigate through their unique healing process after the death of a loved one. She presented her program "Healing for Grieving Hearts" at the 2015 Canadian Art Therapy Association's annual conference and has published an article about her work in *Resilience, Recovery & Art Therapy*.

She finds calm and inspiration in her wild garden or on a walk in the woods. Jacqueline Steudler loves to read, and being creative in her studio fuels her soul.

Connect with Jacqueline at

healingforgrievinghearts.com

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instagram.com/jst_arttherapy



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GOOD CARE,

Jacqueline Stuedler

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