

## GROWING AROUND GRIEF

HERE IS A NEW WAY OF THINKING ABOUT GRIEF AND RECOVERY:



THIS CIRCLE REPRESENTS A LIFE THAT IS TOTALLY CONSUMED BY GRIEF.



ONE SHOULD ACCEPT THAT THE GRIEF WILL NEVER ENTIRELY DISAPPEAR, BUT OVER TIME IT WILL BECOME A SMALLER, MORE MANAGEABLE PART OF LIFE.



EVEN THOUGH THE GRIEF IS STILL THERE, A NEW LIFE EXPANDS AROUND IT; ONE IS ABLE TO GROW AROUND GRIEF.