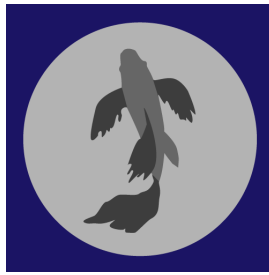


TRIFFANY



HAMMOND

The Tools of Conscious Grieving

Stages of Grief

Denial —> Anger —> Bargaining —> Sadness —> Acceptance—>
<—Acceptance <— Sadness <— Bargaining <— Anger <—Denial

Denial:

Think/Feel: _____

Feel in the body: _____

Anger:

Think/Feel: _____

Feel in the body: _____

Bargaining:

Think/Feel: _____

Feel in the body: _____

Sadness:

Think/Feel: _____

Feel in the body: _____

Acceptance:

Think/Feel: _____

Feel in the body: _____

The Grief Plan

Who?

Who's engaged in the pre-divorce conversation? (name, age, what do you want them to get, what do you want to get?)

Who's engaged in the during-divorce conversation? (name, age, what do you want them to get, what do you want to get?)

Who's engaged in the post-divorce conversation? (name, age, what do you want them to get, what do you want to get?)

What? (Them)

What does your ex do or say that triggers your hurtful emotions?

What might your kids (or _____) do or say to trigger your hurtful emotions?

What might your _____ do or say to trigger your hurtful emotions?

What? (Me)

What are some hurtful emotions that have arisen or might arise?

What are some helpful emotions that have arisen or might arise?

What do you absolutely love about yourself?

How?

If _____ (hurtful emotion) gets triggered I will _____ (whatever creates space) and use the opportunity to practice _____ (helpful emotion) by saying/doing _____, _____, _____. I remember that even while I'm grieving I'm still _____ (lovable characteristic).

If _____ (name of someone involved) gets triggered I will _____ (whatever creates space) and use the opportunity to practice _____ (helpful emotion) by saying/doing _____, _____, _____. I remember that even while they're grieving they're still _____ (lovable characteristic) and I will remind them that I know this.

If I get so heated in the moment that I forget this plan temporarily I will _____ (whatever creates space) and use the opportunity to practice _____ (helpful emotion) with myself and _____ (helpful emotion) with the other person by saying/doing _____, _____, _____. I remember that even while I'm grieving I'm allowed to make mistakes and still be _____ (lovable characteristic.)

The Helpful List

Name	Phone Number	Email	If/When
Triffany	303.242.1278	Triffany@TriffanyHammond.com	I get stuck and/or ready to move forward



Triffany (Just like Tiffany with an R)
Triffany@TriffanyHammond.com

Get your **free stuff** at:
TriffanyHammond.com/CFU