



## **12 SPIRITUAL PRINCIPLES OF HOPE AND HEALING GRIEF – Short Version**

### **1. Acceptance**

By accepting that we alone cannot stop our pain we are ready to reach out for the support of others.

### **2. Hope**

We came to believe that compassion and connection with others could help restore our hope for a better tomorrow.

### **3. Faith**

We placed our trust in the belief that life could hold meaning beyond our sorrow.

### **4. Courage**

As we courageously explored our grief in detail, we discovered that the loss that prompted us to begin our recovery journey was one of many that affected us.

### **5. Honesty**

We experienced that honestly sharing our realizations and understandings with ourselves, others, and our Higher Power is not just freeing, it is life changing.

### **6. Willingness**

A willingness to let go of the beliefs, regrets, and expectations that kept us tethered to our pain was the true beginning of healing.

### **7. Humility**

We humbly reached out to others for support in replacing our broken places with hope and light.

### **8. Love**

With love we connected to those – including ourselves – our grief had prompted us to push away.

### **9. Forgiveness**

Knowing that grief is part of the human experience, we are gentle as we reconnect with those our grief had seen us distance from. Especially ourselves.

### **10. Perseverance**

We continually exercise our spiritual muscle so we may live our life fully and be of the greatest service to others.

### **11. Awareness**

We regularly find quiet moments to become mindful, meditate, or pray as we seek the next right thing to do to continue to grow our healing journey.

### **12. Service**

Our journey of spiritual awakening has been supported by many. We bring our hard-earned hope and healing to all areas of our lives and share it with those who still suffer in their grief, assuring them they are not alone.