



12 TRUTHS OF HOPE AND HEALING GRIEF

The 12 Truths of Hope and Healing Grief are inspired by the spiritual framework of the Twelve Steps of Alcoholics Anonymous. But rather than addressing harmful behaviors, the 12 Truths support us as we navigate grief and loss. They offer a gentle, compassionate path toward healing, hope, and reconnection – with ourselves, with others, and with life itself. The way forward outlined by the 12 Truths honors each person's unique journey and welcomes all without judgment or hierarchy. Though healing unfolds differently for each of us, together we discover that it is possible to connect again with meaning, life, and love.

These are the 12 Truths of Hope and Healing Grief...

1. We became honest with our grief – acknowledging that its pain was shaping our lives.
2. Came to believe that compassion and connection with ourselves, others, and a power greater than ourselves could restore our hope in a better tomorrow.
3. Made a decision to open our hearts to healing, trusting that life could hold meaning beyond our sorrow.
4. Courageously took an honest look at our grief – its roots, its weight, and the many losses we carried.
5. Shared our realizations and understandings with ourselves, another person, and our Higher Power.
6. Became willing to let go of the beliefs, regrets, and expectations that kept us tied to our pain.
7. Humbly invited hope, love, and resilience to heal the broken places within us.
8. Made a list of all those our grief had distanced us from – including ourselves – and became willing to reconnect.
9. Extended compassion and made amends where possible, recognizing that grief is a universal human experience deserving of gentleness.
10. Committed to regular reflection, self-care, and honesty to continue nurturing our healing.
11. Sought through mindfulness, meditation, and prayer to deepen our sense of connection with life, love, meaning, and hope.
12. Having experienced hope and healing, we shared this gift with others who grieve – reminding them that no one has to heal alone.

These Twelve Truths guide us on a path of hope —
healing our grief and growing our spirit.