



12 TRUTHS AND SPIRITUAL PRINCIPLES OF HOPE AND HEALING GRIEF

*A Program of Hope and Healing from Grief
Inspired by the Twelve Steps — gentler in foundation and practice*

The Twelve Truths are invitations to a better life. The essence of each Truth is found in its Spiritual Principle. Together, they light the path of hope and healing from grief.

TRUTH 1 — Honesty

We became honest with our grief — acknowledging its pain was shaping our lives.

Spiritual Principle — Acceptance

We admit the power of our grief — that it is harming our lives and cannot be healed by willpower alone. Only through acceptance do we become ready to reach out for the support of others. The humility we learn here extends beyond recovery, as we gratefully receive help and compassion in every part of our lives.

TRUTH 2 — Belief

We came to believe that compassion and connection with ourselves, others, and a power greater than ourselves could restore our hope in a better tomorrow.

Spiritual Principle — Hope

We came to believe that compassion and connection could restore our hope for a better tomorrow. Though our Higher Power may be unseen or undefined, we begin to trust in it as a loving, sustaining presence. The more we practice connection, the stronger our hope becomes — a quiet faith that healing is possible.

TRUTH 3 — Trust

We opened our hearts and our spirit to healing, trusting that life could hold meaning beyond our sorrow.

Spiritual Principle — Faith

In choosing to open our hearts to healing, we place our trust in the possibility that life can again hold meaning beyond sorrow. Even when we cannot yet see how, faith allows us to walk forward. Over time, we discover that this trust was not misplaced — healing unfolds, gently and faithfully, one day at a time.



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TRUTH 4 — Reflection

We looked courageously at our grief — its roots, its weight, and the many losses we carried.

Spiritual Principle — Courage

It takes courage to look honestly at our grief — its roots, its depth, and the patterns it has created in our lives. Through this fearless self-examination, we recognize that our primary loss is part of a lifetime of losses. The courage we cultivate here strengthens us beyond recovery, giving us resilience in all areas of life.

TRUTH 5 — Sharing

We shared our understandings with ourselves, another person, and our Higher Power.

Spiritual Principle — Honesty

It is one thing to see the truth within ourselves; another to share it with someone else. This act of honesty, though vulnerable, is liberating. By speaking our truth to another person and to our Higher Power, we create intimacy, authenticity, and freedom we may never have known before.

TRUTH 6 — Release

We became willing to release the beliefs and expectations that kept us tied to our pain.

Spiritual Principle — Willingness

The willingness to let go of the beliefs, regrets, and expectations that bind us to pain marks the true beginning of healing. Change may feel impossible, but willingness opens the door. We do not erase our memories — we carry them with love — yet we no longer allow them to define our future.

TRUTH 7 — Renewal

We invited hope, love, and resilience to heal the broken places within us.

Spiritual Principle — Humility

Having released what no longer serves us, humility reminds us that we do not heal alone. It is not the absence of pain, but the presence of openness — the grace to reach out, to ask for help, to let light into our broken places. In this humility, we learn that grief isolates, but connection restores.



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TRUTH 8 — Reconnection

We recognized those our grief had distanced us from — including ourselves — and became willing to open our hearts to reconnect.

Spiritual Principle — Love

As grief once separated us from ourselves, others, and our Higher Power, we now rediscover love as the force that reconnects us. We begin by loving ourselves again, and by extending that love outward to those we had withdrawn from. Where needed, we make amends, restoring love as a living energy in our lives.

TRUTH 9 — Compassion

We extended compassion and forgiveness, making amends as needed, knowing that grief is a universal human experience.

Spiritual Principle — Forgiveness

Forgiveness transforms everything. We let go of the illusion that we or others could have done life perfectly. We recognize that resentment steals peace, and compassion restores it. By forgiving ourselves and others, we honor the shared human experience of grief — and we soften into grace.

TRUTH 10 — Practice

We committed to reflection, self-care, and honesty to nurture our continuing healing.

Spiritual Principle — Perseverance

Our spiritual growth, like a muscle, requires regular care and exercise. We commit to ongoing reflection, self-care, and honesty to maintain our healing. Just as daily practice keeps us strong, perseverance keeps us present — allowing us to live fully and serve others with clarity and strength.

TRUTH 11 — Connection

We sought through mindfulness, meditation, and prayer to deepen our connection to life, love, and meaning.

Spiritual Principle — Awareness

Awareness is the practice of staying awake to the sacred within and around us. Through mindfulness, meditation, and prayer, we listen for guidance and seek the next right thing. When we reach an impasse, we turn to trusted others and our Higher Power, deepening our connection to life, love, and hope.



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12. Truth — Service

Having experienced hope and healing, we shared this gift with others who grieve — reminding them that no one has to heal alone.

Spiritual Principle — Service

Our healing becomes a spiritual awakening — where once there was darkness, now there is light. Grateful for the grace we have received, we carry hope and healing into the world through service. By offering presence, empathy, and kindness to others who grieve, we share the light that once was shared with us.
