



## **SIGNS OF GROWTH FROM GRIEF – Reading (Short and Long versions)**

### **Short Version**

We face our loss with honesty and care.

We learn to express our emotions, set healthy boundaries, and nurture ourselves with compassion.

Meaning and purpose return through forgiveness, connection, and love that endures beyond loss.

We find peace with our past and hope for our future, knowing that, in this moment, we are just where we need to be.

### **Long Version**

As we learn to face loss with honesty and compassion, our growth becomes part of our story rather than its focus.

We discover healthier ways to feel and express our emotions, to set boundaries, and to care for ourselves with kindness.

We find new meaning in life through creativity, connection, and service.

We forgive, we learn, and we carry forward the memories of what we grieve — not as pain, but as love that endures and expands.

In this awareness, we find serenity and strength, trusting that, in this moment, we are just where we need to be.