



WHAT HOPE AND HEALING GRIEF IS NOT – List

Hope and Healing Grief is not...

- 1. A place for judgment or criticism –**
Meetings are a supportive and non-judgmental space where individuals can share openly without fear of being shamed or dismissed.
- 2. A quick fix or solution –**
We provide no immediate solutions or "cures," but offer tools and support for a healing journey that unfolds over time.
- 3. A substitute for professional therapy –**
Ours is a place of shared support. We are not a replacement for professional therapy or counseling, especially in cases of complex grief, trauma, or crisis.
- 4. A platform for comparing grief experiences –**
We do not compare, rank, or minimize anyone's grief, but embrace understanding and support through shared similarities.
- 5. A space for promoting specific religious or spiritual beliefs –**
We have no religious affiliation and promote no specific beliefs. We welcome all beliefs and traditions, as well as no belief at all.
- 6. A place for gossip or personal attacks –**
Respect for ourselves and others is fundamental to healing. Gossip, shaming, and personal attacks have no place here.
- 7. A substitute for personal responsibility –**
We are each responsible for our own healing and for doing the personal work required to achieve it.
- 8. An enabler of destructive behaviors –**
We are focused on healing and spiritual growth, and do not condone or excuse harm to ourselves or others.
- 9. An environment of negativity –**
Our healing is grounded in mutual support, resilience, compassion, and hope.
- 10. A one-size-fits-all approach –**
There is no single path to healing. We respect and support each person's story and their unique way of moving through grief.
- 11. A place for advice-giving or fixing others –**
We do not tell others how to grieve or attempt to solve their pain. We listen, support, and walk beside one another with humility and respect.
- 12. A cult –**
We offer suggestions to help relieve grief and create a better tomorrow for each of us – and all of us. We invite you to take what you like and leave the rest.