

STEPS TO MOURNING AND HEALING

Intention

Attention

NEXT STEP

To honour the
significance of
the event

Transformed Feeling

*How do you feel
now, in your body?*

NEED

What is the
significance to
you of what
happened?

*How do
you feel now,
in your body?*

THE MOMENT IT HAPPENED

What do you recall
seeing and hearing?

Telling
the story
(including judging
and blaming)

Present

Connection