

# 10 Ways of Navigating Grief According to *Life After Kevin*

1. "I was at the beginning of trusting what I felt was right for me." (Ch 4, p64)  
***I wanted "directions" to make my grief easier. Ironically, they were found within me.***
  
2. "I wanted to be sure he knew I was there, that I would be spending some time talking to him and wanted him to know I was listening for whispers from him too." (Ch 7, p111)  
***Every day I would spend time talking to him, sometimes out loud or in my head, and invite him to respond in a way that I could understand.***
  
3. "Sentences starting with 'I should have...,' 'If only...,' and 'If I had just...,' were ones to watch out for." (Ch 10, p155)  
***I've learned we do not have control over the outcome of someone else's life. We are not that powerful. Period.***
  
4. "Thoughts of what my future looked like were unclear, but what did trickle into my consciousness was the idea, the possibility of letting the shame go for my future self." (Ch 10, p167)  
***Rejecting the shame took dedication to learn about myself on a deeper level.***
  
5. "Flowing with my pain is not being passive; it is actively inviting grace into my life." (Epilogue, p230)  
***Grief can be two steps forward, and one step back. Acknowledging my feelings on the hard days helps me move forward.***
  
6. "...I too, found that by helping others I was helping myself." (Ch 13, p209)  
***We can facilitate our own healing by helping others.***
  
7. "If we think in 'good' and 'bad' ways to die, we are inadvertently measuring the value of a person's life." (Epilogue, p233)  
***We want to remember the people we love by what they meant to us, not by how they died.***
  
8. "Grief is always a work in progress...I would invite you to take the time to sit alone with your pain." (Epilogue, p235)  
***Taking time to give grief the attention it needs is a healthy way to promote healing.***
  
9. "This is what I refer to as trying on your old life to see what still fits." (Epilogue, p235)  
***The parts of my old life that no longer made me feel good, were modified or eliminated.***
  
10. "Now that my heart and mind are open to receiving signs from him, I know he's always close by." (Epilogue, p234)  
***Signs from deceased loved ones are gifts that deserve acknowledgment and gratitude.***