

SPIRITUAL JOURNALING

MY SILVER LINING

In the earliest days following loss, the thought that anything good can come from our experience is beyond comprehension. Yet some say there are blessings in everything, every experience, including loss. Some experience a deeper relationship with their surviving loved ones that would never have happened if it weren't for the death of this loved one. Others develop a deeper faith, or a better understanding of humanity. Some find a stronger compassion for others. Have you discovered one or more silver linings in your loss?

DO YOU BELIEVE SILVER LININGS ARE POSSIBLE? IF SO, WHAT SILVER LININGS HAVE YOU DISCOVERED AS A RESULT OF YOUR LOVED ONE'S DEATH? _____

MY LOVED ONE'S DEATH HAD A POSITIVE IMPACT UPON THE LIVES OF OTHERS IN THIS WAY: _____

THE SILVER LINING I'M MOST GRATEFUL FOR IS: _____
