

Four Aspects of Positive Reflection

REMEMBER | REFLECT | RECREATE | RELATE

REMEMBER

Understand Your Past- Your life has changed forever, and memories will always fill it with a sense of loss for what is missing from your life. It will be your “New Normal.”

To understand my approach, I shared some stories about my daughter, Susan McBride-Welsh (Susie Q), and a tribute from her dad, Joseph Welsh. I encourage you to do the same. It provides an anchor for where we came from, the good times, and the well of hope that can feed out injured souls. Although the journey will have ups and downs, by designing a clear picture of our past, it will lead us to a closer destination of hope, inspiration, passion, and purpose. The first step toward getting there is asking for help. This book will define my journey and a potential roadmap of self-discovery to consider your next move.

REFLECT

Understand Your Journey - Nothing ever goes exactly according to plan; your journey will take you through the stages of grief in no particular order. The gut-wrenching sorrow can hit you at any time. Understanding the stages are normal may provide you with some techniques to get you through your moments. It is about understanding things are different.

We must learn to move forward never forgetting their life and contributions but learning how to live a life without their physical presence. The most crucial aspect is self-care, working through this book is a step in the right direction. Be open, be honest with others, don't be afraid to speak up, to take care of your needs, to say “no,” to whatever. It is your journey and thus personal to you and your feelings, practice self-care to get in tune with your feelings.

RECREATE

Get in Touch with Your Feelings – “What If is a dangerous statement. These “What If” statements can play with our emotions daily as we reminisce about days gone by etched in our memories. We long for the current day vacancies, voids, and hopes as well as the future wishes that will never come true.

Learning to cope with them and remembering their loss and your own losses can be daunting as you create your “New Normal.” Practice identifying your “What If” statement and replace them with “But I Did” statements. This technique challenged my thought patterns to reflect on the positive side of “What If” statements and the actions and relationships that impact my approach to life.

RELATE

Make Your Impact and Commit to Your “New Normal”– Loss happens in many different ways and impacts each of us differently. Look at your situation, what you can do, what you can commit to doing, the people in your life to aid you, and the people in your life you need to support. Learn that everyone grieves differently. Give back in the community.

Devote your actions to make a commitment and impact on growing and healing. Expressing your grief with others makes it more palatable, it allows you to connect and find solace in their relationship with you and enables you to establish guidelines to make life more acceptable and purposeful.