

# GriefPlan.com

## with Dr. Jason Troyer



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## Healing Roadblock: Getting Better Isn't Goodbye

A common fear is that when you begin to feel better, that you will begin to forget your loved one. This can create a terrible roadblock to your healing. This may cause you to hold on to your pain longer than necessary in order to not forget them. The key to overcoming this roadblock is to have ways to remember your loved one that don't require you to experience pain. Later sections in the program will provide you with multiple ways to remember your loved one.

### Considerations:

- Feeling better is **not** dishonoring your loved one.
- Consider how your deceased loved one might respond to this. Do you think they would want you to stay in pain? Not likely.
- There are no prizes for holding on to pain just for the sake of keeping the memories vivid.

### Journaling Prompts

What are some activities you can participate in that remind you of your loved one that will also give you pleasure? Volunteering? Enjoying hobbies they liked? Traveling to fun or interesting places? Learning about their life? What can you do each day to remember your loved one?