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with Dr. Jason Troyer



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Rebuild with Sacred Journeys & Spaces

In the healing and remembering sections I shared examples of how visiting special places could help you heal and remember. These examples almost always include visiting places where you had already been or a place of final rest of your loved one. And you can certainly visit a place you've been before as part of rebuilding, and focus on recognizing how far you've come in your grief journey.

But maybe you want to acknowledge how much you've grown and how life is different now. Another way to use a journey or visiting a specific place is to go to someplace completely new. One example of this is to visit a place you intended to go with your loved one, but were not able to. You may decide that for various reasons you want to follow-through on this. Partly to remember your loved one, but also as a clear symbol of the progress you've made.

Considerations

- Is there a place you have always wanted to go? Was there a place you wanted to go with your loved one, but didn't?
- Is there a place that helps you feel strong?
- Is there a place you would like to go with someone else?
- Is there a journey you have or would like to take? What would like to learn as part of the journey to get there?