

Positive Decision Making

Making a positive decision instead of a negative one when confronting a life crisis could make all the difference in how we cope as well as in how we go on with our lives. Some positive statements / decisions people have made at times of loss in their lives are:

- I have the courage to go through this experience.
- I grow from adversity.
- I am strong.
- I am strong enough to cope.
- I can overcome my sorrow.
- I will finish with my grief and build a new life.
- From now on I will share all my loving feelings.
- From now on I will have no unfinished business with my loved ones.
- From now on I will intend to be patient (persevering, understanding, honest, open, etc.)
- From now on I intend to live my life to the fullest.

From "The Courage to Grieve" by Judy Tatelbaum