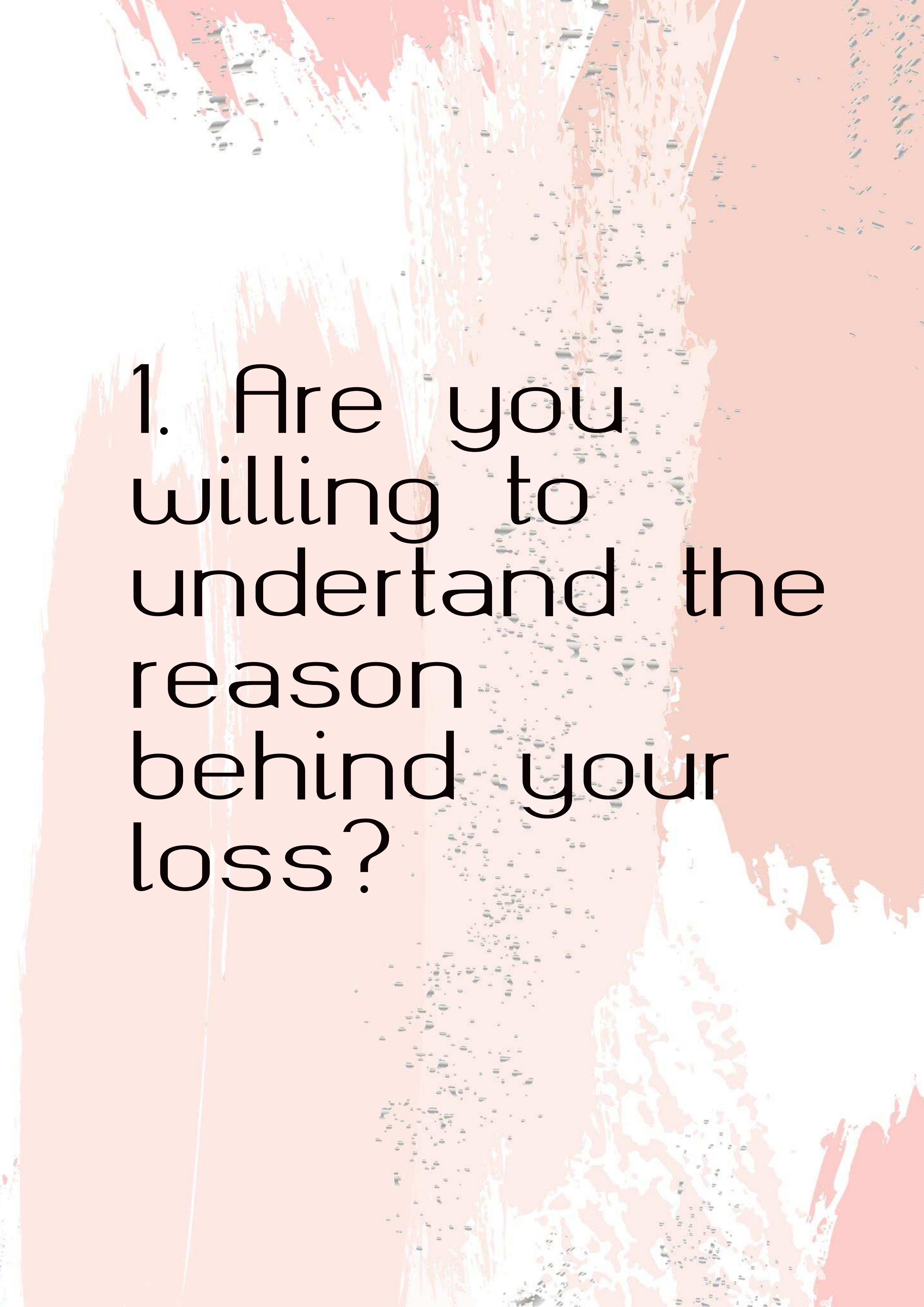


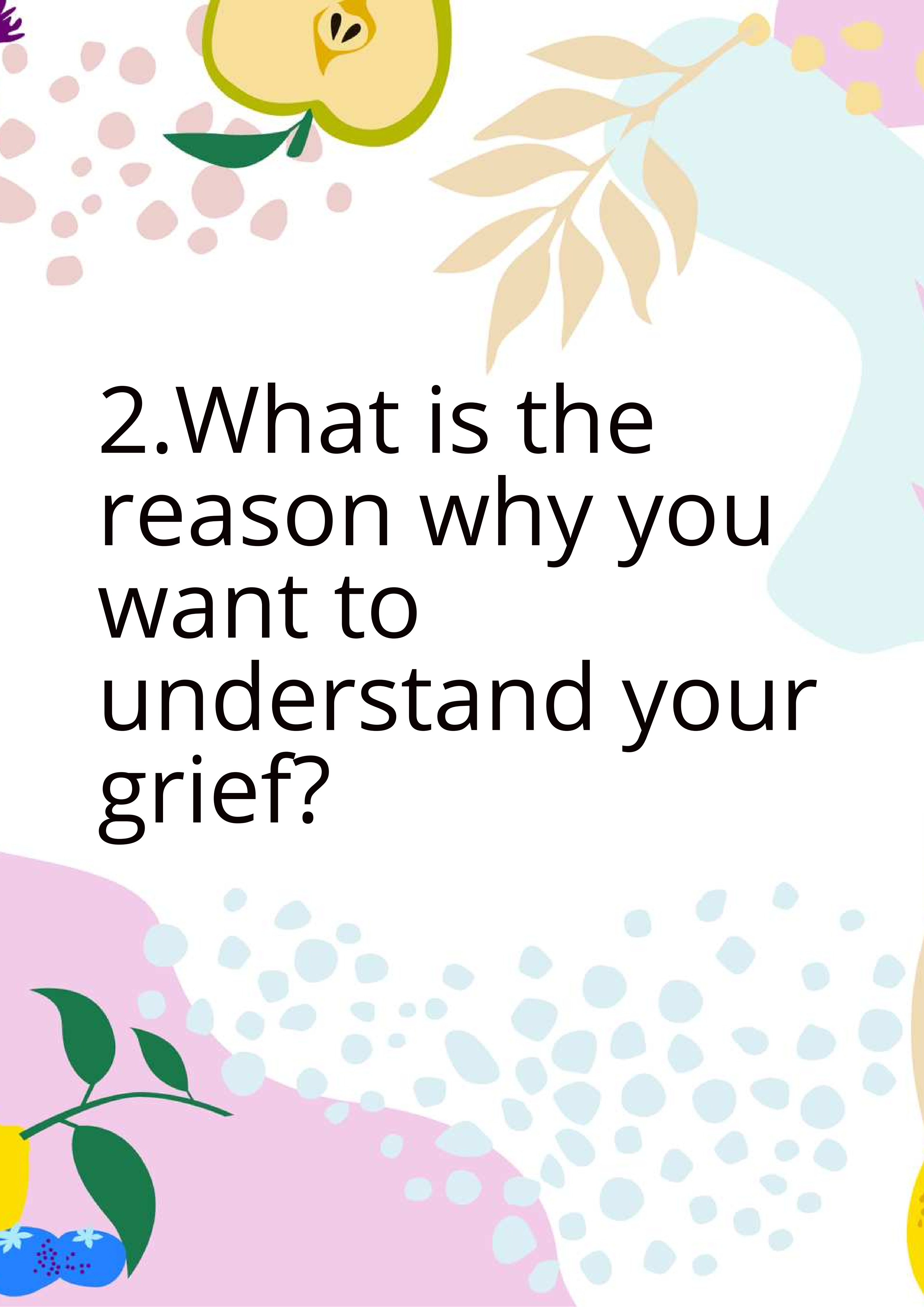
Day 6




**DO IT
FOR
YOUR
SELF**




1. Are you
willing to
understand the
reason
behind your
loss?

The background is a light cream color with various decorative elements. In the top left, there are pink and purple polka dots. In the top center, there is a yellow fruit with a green leaf. In the top right, there are yellow and pink polka dots. In the middle right, there is a light blue abstract shape. In the bottom left, there are green leaves and blueberries. In the bottom right, there are light blue polka dots.

2. What is the reason why you want to understand your grief?



3. Write
down the
reasons of
your grief and
how you felt
about it?



4. Do you have
any regrets and
guilt?

Write down
what they are.

5. What made you have these regrets and guilt?

6. How do you feel about them?