

BECOMING ONE WHOLE WOMAN EXPERIENCE

WORKSHOP

THE JOURNEY OF *BECOMING*

GRACE • GRIEF • GRATITUDE • GROWTH



WHEN
PAIN
BECOMES
Purpose

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Become • Evolve • Embody



WELCOME TO WEEK 2

GRIEF - WHEN PAIN BECOMES PURPOSE

Grief is a natural, deep emotional and physical response to the loss of someone or something important. It is the process of responding to loss.

This week gives you room to acknowledge what has been lost, understand what grief can look like, recognize when it is time to let go, and learn how surrender can make room for you to live again.

It is okay not to be okay. But do not get stuck there.

My intention for this journey:

GRIEF, MOURNING & SORROW

GRIEF	A natural, deep emotional and physical response to the loss of someone or something important - the process of responding to loss.
MOURNING	How grief is expressed.
SORROW	An emotion within grief. Sorrow is what you feel.

That is why grief can remain even after the initial sorrow is not as intense.

The mind remembers what the heart has healed from.

WHAT WAS ATTACHED TO THE LOSS

Grief is difficult because sometimes we think we are grieving one thing when we are actually grieving everything that was attached to it.

Grief is love with nowhere to go.

Grief is inevitable.

Loss is part of the human experience.

Grief is a cycle.

Grief can revisit us as memories, seasons, milestones, and new experiences bring different parts of the loss back to our attention.

What was attached to what I lost?

SEPARATION & DEATH

2 Corinthians 5:17

Separation creates a before and an after. Becoming may require recognizing that something has ended so something new can begin.

In order for something to live, something has to die.

What has ended in this season?

What may be trying to live or become now?

PLANT vs. BURY

When we plant something, we are expecting something to grow or expecting a return.

1. PLACEMENT	Location
2. COVER	Protecting
3. LEAVE	Release

PLACEMENT → COVER → LEAVE

What am I trying to bury that may need to be planted differently?

HOW TO KNOW WHEN TO LET GO

NEW SEASON

New vs. old

OUTGROWN SOMETHING

Just let it fall off

COMPLETION

It has run its course

Which one describes what I am experiencing right now?

STAGES OF GRIEF

Psalm 30:5

Grief does not always move in a straight line. These stages can help give language to different responses to loss.

DENIAL → ANGER → BARGAINING → DEPRESSION → ACCEPTANCE

The stages can be experienced differently and may be revisited.

STAGES OF GRIEF - 1 TO 3

1. DENIAL

"This can't be happening."

Difficulty fully accepting the reality of the loss. Denial can temporarily protect you from being overwhelmed.

2. ANGER

"Why did this happen?"

Pain may surface as frustration, resentment, irritability, blame, or anger toward yourself, other people, circumstances, or God.

3. BARGAINING

"If only..." / "What if...?"

The mind searches for a way the loss could have been prevented or reversed. This can involve replaying situations and imagining different outcomes.

STAGES OF GRIEF - 4 & 5

4. DEPRESSION

"This really hurts."

The reality and weight of the loss become more apparent. This can involve sadness, withdrawal, crying, loneliness, lack of motivation, or feeling the emptiness created by what was lost. In the grief model, depression describes a grief response and does not automatically mean clinical depression.

5. ACCEPTANCE

"This happened, and I have to learn how to live with it."

Acceptance does not mean liking, approving of, or forgetting the loss. It means increasingly acknowledging its reality and learning how to move forward while carrying what the experience means.

Where do I recognize myself today?

SORROW

Emotion • Pain

Sorrow is an intense feeling of sadness, grief, or regret that comes from a loss, disappointment, or a wrong.

Sorrow is what you feel.

What sorrow have I been carrying?

What does that sorrow need from me today?

GRIEF IS A FORM OF HEALING

PERSONAL • PAINFUL • PROCESS

1. IT'S OKAY NOT TO BE OKAY.

You must go through healing rather than spiritually bypassing the process.

2. IT'S OKAY TO CRY.

3. FEEL THE WAY YOU FEEL.

BUT DON'T GET STUCK THERE.

What have I been trying to move around instead of move through?

SURRENDER

Matthew 11:28-30

We must stop fighting and become. The person you are becoming was always God's intent for you.

Purpose is God's original intent for you.

How do we surrender ourselves?

Accepting that you cannot change what has happened but choosing to move forward.

The battle can be between:

WHAT WAS ↔ WHAT I WANTED ↔ WHAT NOW IS

Surrender is not forgetting.

ACTIVATION - THE SURRENDER EXCHANGE

Acknowledge • Release • Surrender • Step Forward

1. ACKNOWLEDGE

I am grieving _____.

2. RELEASE

I cannot change _____.

3. SURRENDER

Today, I surrender my need to _____.

THE SURRENDER EXCHANGE - CONTINUED

4. STEP FORWARD

Even after this loss, I still have _____.

My next step is _____.

I can honor what was without living there. I can acknowledge what hurt without allowing pain to define me. I surrender what I cannot change. I give myself permission to grieve, heal, and move forward.

LEARN • COEXIST • FAITH

LEARN	Two things can be true at the same time.
COEXIST	Peace.
FAITH	Permission to live again.

Two things can be true at the same time.

What two truths do I need to allow to coexist?

WHEN PAIN BECOMES PURPOSE

Pain does not have to become your permanent identity. Surrender creates room to stop fighting what cannot be changed and to continue becoming.

PURPOSE IS GOD'S ORIGINAL INTENT FOR YOU.

What have I learned through this experience?

What does giving myself permission to live again look like?

GRIEF AFFIRMATIONS

1. I give myself permission to acknowledge what I feel.
2. It is okay not to be okay while I heal.
3. I can cry without believing I am weak.
4. I can feel what I feel without getting stuck there.
5. I can honor what was without living there.
6. I surrender what I cannot change.
7. Surrender is not forgetting.
8. Two things can be true at the same time.
9. I give myself permission to live again.
10. My pain does not cancel God's original intent for my life.

THIS WEEK'S ACTIVATION

This week, I will honor my grief by:

What I am choosing to surrender:

My next step toward living again:

Progress does not require forgetting.

7-DAY GRIEF JOURNEY

Use this simple check-in each day. You do not have to force a breakthrough. Give yourself room to notice what is present.

DAY 1

What I feel: _____ What I am surrendering: _____

One truth I am carrying forward: _____

DAY 2

What I feel: _____ What I am surrendering: _____

One truth I am carrying forward: _____

DAY 3

What I feel: _____ What I am surrendering: _____

One truth I am carrying forward: _____

DAY 4

What I feel: _____ What I am surrendering: _____

One truth I am carrying forward: _____

DAY 5

What I feel: _____ What I am surrendering: _____

One truth I am carrying forward: _____

DAY 6

What I feel: _____ What I am surrendering: _____

One truth I am carrying forward: _____

DAY 7

What I feel: _____ What I am surrendering: _____

One truth I am carrying forward: _____

AN ENCOURAGING WORD FROM COACH B

It is okay not to be okay. It is okay to cry. Feel the way you feel - but do not get stuck there. Grief is personal, painful, and a process. You may be grieving more than the one thing you first named because loss can carry everything that was attached to it. Give yourself permission to acknowledge what was, what you wanted, and what now is. Surrender does not mean forgetting. It means accepting that you cannot change what happened while choosing to move forward. Two things can be true at the same time. You can miss what was and still make room for what is becoming. You can carry love and still release. You can grieve and still have faith. Give yourself permission to live again. Purpose is God's original intent for you.

WHEN PAIN BECOMES PURPOSE, YOU KEEP BECOMING.

CERTIFICATE OF COMPLETION

THE JOURNEY OF BECOMING

WEEK 2 - GRIEF

WHEN PAIN BECOMES PURPOSE

This certifies that

Participant Name _____

has completed the Week 2 Grief experience.

Brittany Foster | Coach B

Presented & Pre-Signed by Coach B

Date: _____

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