

## OVERCOMING GRIEF

*My mother died suddenly. I knew she was ill but I didn't think it was life-threatening. I saw her four days before she died – if I had known that would be the last time, I would have said 'I love you' when I left for work, instead of goodbye. Even though she knew I loved her, I wish I had said it one last time.*

LARA, 27

### EXERCISE 4.3: IDENTIFY YOUR BARRIERS

Do you feel guilt, anger or regret about anything to do with the death of your loved one? If so, write it down in the space below.

I feel guilty because

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I feel angry because

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I regret that I

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Once you can identify the barriers that are keeping you stuck, it is far easier to tackle them. As outlined in Chapter