



# The Grief Guide

Start to heal in a healthy direction

Push Through Coaching

YOUR HEALING IS YOUR RESPONSIBILITY



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# This is Your Journey!

I AM HAPPY TO BE APART OF IT

Thank you for taking the steps toward your healing. I am honored to be a part of your journey. Remember, the only way out is through, so keep moving forward, because on the other side of this obstacle is healing, enlightenment, and growth.

Life will always create opportunities for growth. Even after you overcome this obstacle, another will come. The difference is that you will be better equipped each time.

I have personally experienced the tragic loss of loved ones, the end of a marriage, and the loss of a career, and all within a short period of time. I know the heaviness you may be feeling. The steps in this guide supported me in my own healing journey, and I continue to walk them every day. My hope is that they will also support you.

Take this guide at your own pace. Some pages may bring tears, others comfort, and some clarity. All of it is part of your healing.

If you have any questions, please contact me at [info@pushthrucoach.com](mailto:info@pushthrucoach.com).

Sincerely,

*Karletha Grette*



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# Acknowledge

FEEL TO HEAL



## ACKNOWLEDGE THE PAIN

The first step is acknowledging what you feel. You cannot heal what you refuse to face. There is no set time for this stage, but staying here too long can lead to depression and other mental health problems.

Allow yourself to feel the raw emotions: shock, denial, anger, sadness, even blame. Don't minimize them. Ask yourself: What am I truly feeling right now?

## EFFECTS ON THE MIND & BODY



Unhealed trauma can linger in both your body and mind. It often appears as:

- Tension, aches, and pain in the body (especially the hips, back, spine).
- Depression, anxiety, or racing thoughts in the mind.
- Nervous system dysregulation (difficulty calming down, stress spikes, high blood pressure).

When thoughts come, pause to ask yourself:

- Is this thought a fact or part of a story I'm telling myself?
- Where does it come from?

✨ Awareness is the doorway to healing

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# Acknowledge

FEEL TO HEAL



## JOURNAL PROMPTS

1. What emotion is strongest for me right now?
2. Where in my body do I feel the weight of grief?
3. What do my feelings want me to acknowledge?

## EXCERCISE



Place your hand over your heart. Take three slow breaths, whisper: “It’s safe to feel this. My feelings matter



# Reflection

DEALING VS. HEALING



## DEALING

Dealing often means suppressing emotions instead of processing them. It looks like:

- Staying busy to avoid feeling
- Isolating or pushing people away
- Pretending to be strong while hiding pain

## HEALING



Healing requires space, honesty, and courage. It allows tears and laughter to coexist. It may include:

- Creating rituals to honor your loved one (altar, plant, special space).
- Allowing yourself to remember without fear
- Celebrating special memories that bring joy

✨ DEALING HIDES. HEALING REVEALS



# Reflection

DEALING VS. HEALING



## JOURNAL PROMPTS

1. Right now, am I dealing or healing?
2. What behaviors do I use to avoid my emotions?
3. What is one ritual I could create to honor my loss?

## EXERCISE



Write down one joyful memory. Place it somewhere you'll see it daily as a reminder that love remains



# Insight-Grief

REVEAL TO HEAL



## UNDERSTANDING THE CONTEXT

*Loss is not limited to death. Grief comes in many forms:*

- *Death of a loved one.*
- *End of a relationship.*
- *Loss of a career, dream, or identity.*

*Each type of loss creates its own layers of pain. Healing does not mean forgetting. It means learning how to live with love and memory in new ways.*

## RECOGNIZE THE POSSIBLE PARADIGM SHIFT

*Our loved ones do not leave us completely. Energy cannot die. Sometimes grief invites us to shift perspective:*

*Healing is not erasing, it is transforming.*





# Insight-Grief

REVEAL TO HEAL



## JOURNAL PROMPTS :

1. What loss am I grieving right now?
2. What has been hardest for me to accept?
3. What memory brings me both tears and gratitude?

Each type of loss creates its own layers of pain. Healing does not mean forgetting. It means learning how to live with love and memory in new ways.

## EXCERCISE

Write a letter to your loved one, to your past self, or to what you lost. Say what you never got to say.





# Insight-Relationships

REVEAL TO HEAL



## UNDERSTANDING THE CONTEXT

Not every relationship is forever. Some are for a season, others for a lesson. Reflect on the connection:

- How did it begin?
- What patterns repeated?
- What lessons can I take with me?

## THE LESSON

Ask:

- Why did I attract this situation?
- What signs did I overlook?
- What role did I play?

When we take responsibility, we gain power to grow.

## TOOLS FOR SUPPORT

- Begin with forgiveness for yourself and for them.
- Journal honestly about what you allowed or ignored.
- Identify patterns that have shown up in multiple relationships.



# Insight-Relationships

REVEAL TO HEAL



## JOURNAL PROMPTS

1. What lesson did this relationship teach me?
2. What boundaries will I set moving forward?
3. How can I practice compassion for myself in this process?

## EXCERCISE

- Write one boundary you will commit to in your next relationship.



# Tools for the Journey

## ACCEPTANCE



### FILL YOUR CUP

Your well-being fuels your healing. What you put into yourself determines what overflows for others. You cannot pour from an empty cup.

### TOOLS FOR SUPPORT

#### Mind Tools

- Replace “Why me?” with “What can I learn?”
- Speak affirmations daily.
- Reframe pain into purpose.

#### Body Tools

- Eat nourishing foods that give energy.
- Move your body — walk, stretch, dance.
- Rest and honor your body’s limits.

#### *Spiritual Tools*

- *Prayer, meditation, or mindfulness.*
- *Rituals to honor loved ones or past seasons.*
- *Connecting with faith or community.*

✨ *Healing is a daily practice, not a single step.*



# Tools for the Journey

ACCEPTANCE



## JOURNAL PROMPTS

1. What fills my cup emotionally, physically, and spiritually?
2. Which self-care practice grounds me most?
3. Who in my life gives me energy instead of draining it?

## EXERCISE:

- Choose one self-care practice and commit to it daily for 7 days.

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# Moving Forward

REVEAL TO HEAL



## MOVING FORWARD

Healing does not erase pain but it can change its shape. You may never be the same, but that does not mean you are broken. It means you are becoming.

*Moving forward means:*

- *Creating new meaning after loss.*
- *Rebuilding identity.*
- *Finding joy in the small moments.*
- *Living with both memory and hope.*

✦ *Grief is part of your story, but it is not your ending*

## JOURNAL PROMPTS

- 1. What meaning can I create from this loss?*
- 2. How do I want to feel six months from now?*
- 3. Who am I becoming as I heal?*

## EXERCISE

*Write a letter from your future self to your present self. Let your healed self speak encouragement.*

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# Conclusion

REVEAL TO HEAL



Healing is not linear. Some days you'll feel strong, other days heavy. This does not mean you are failing. It means you are human.

Grief changes you, but it also grows you. Through loss, you discover strength, compassion, and resilience.

✦ *You are not broken. You are becoming*

If you're ready to keep growing and aligning with peace, join me for a 3-Day Lasting Alignment Challenge.

[JOIN THE CHALLENGE](#)



# HEALING DOESN'T END WITH AWARENESS, IT DEEPENS THROUGH PRACTICE.

Together, we'll uncover simple ways to restore balance, rebuild trust with yourself, and stay consistent on your healing journey.

[JOIN THE CHALLENGE](#)

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✨ You don't have to heal alone. Support is here for you