

Missing the Life You Had

Space for the grief that comes with a body that will not do what it used to.

WHEN TO USE THIS

Use this when you are missing who you were before.

What did you used to do that you cannot do now?

What do you miss most about it?

Not the activity itself - what it gave you.

Is there a smaller version of it that is still possible?

Ten minutes instead of a day. Sitting instead of standing.

Grief for a life is real grief. It comes in waves, and it does not mean you have given up.

You can miss that life and still build something in this one.