

## Tool #3 – Learning



What stage of grief are you at right now?

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Do you see yourself in more than one stage? If so, in what stages do you see yourself?

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**What are three (3) things you can do to help yourself in the area of Guilt?  
Examples: Be kind to yourself; remind yourself that your intention was  
always of love; tell yourself that you did the best you could.**

**1.** \_\_\_\_\_  
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**2.** \_\_\_\_\_  
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**3.** \_\_\_\_\_  
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