

## Expressing the 4 T's of Healing

Let's take each of these 4 T's and help them come ALIVE in our lives:

### **T Tears**

Draw a picture of YOUR tears and what they mean to you.

### **T Talk**

Tell a story about the one you grieve.

Draw a picture of allowing someone else to nurture you.

Write a letter to the lost loved one and tell them how you think and feel.

Write letter to the Creator and tell the Creator how you think and feel.

Write a letter from the Creator to YOU that gives you comfort and a sense of peace.

What is your loved one's favorite song (play it). Why does this touch you?

### **T Tenderness**

Tell a story to the group about when you tried to show your love for your lost one.

Draw a picture about allowing someone to comfort you.

Draw a picture of YOU taking care of yourself in a good way.

### **T Time**

Think about the first time you met your loved one and tell a story about this.

Draw a time line of your life together with your loved one and put in important times.

Write a letter to your loved one and tell him/her what you want to tell them if you had the time.

Share with group those things you wished you had had time to share with your loved one.