

# How Do You Know If You Are Grieving?

GRIEF IS THE NORMAL AND NATURAL REACTION TO CHANGE AND LOSS.

**Step One:** Review the following non-inclusive list of the different life experiences that produce grief. What issues are you experiencing? Or have you experienced? (Check ALL that apply)

**Step Two:** For each box you checked, what coping methods have you used to process your emotions around such life experiences? Reflect on how these methods are just recycling the pain.

**Step Three:** As a current or former lawyer, choose a different and effective solution to **manage the pain & heartbreak of loss & change stigma-free. Let's discuss your firm's needs: [bit.ly/lawyerbewell](https://bit.ly/lawyerbewell)**

- Burnout/Stress
- Change in finances (+/-)
- Death of parent, spouse, sibling, friend
- Divorce
- Emotional Abuse, as adult or child
- Empty nest
- End of addiction
- Loss of control
- Loss of faith
- Loss of fertility
- Loss of health
- Loss of hope, dreams, and expectations
- Loss of safety
- Loss of trust
- Marriage
- Miscarriage/Stillbirth/Abortion
- Moving, at any age
- Pet loss
- Physical abuse/assault, as adult or child
- PTSD/Trauma
- Quit job/Terminated
- Retirement
- Sexual abuse/assault, as adult or child
- Strained/painful relationships with boss, friend, parent, spouse

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## Key Takeaways from the Podcast Episode

### 10 Simple Truths About Grief for Lawyers

1. Trauma is the event. Grief is the feelings that are left over after the event.
2. **Grief is about a broken heart, not a broken brain or head.**
3. It is okay for lawyers to ask for help and seek support in a stigma-free way.
4. **Vulnerability and authenticity are our superpowers.**
5. You cannot separate your personal life from your professional life.
6. **Focus on what you CAN do** instead of what you cannot do in every situation.
7. Grief is often misdiagnosed as depression. Mistreatment = Misdiagnosis.
8. Feel whatever you are feeling. Don't suppress. **What you resist persists.**
9. The only person you can change is you. Fuel yourself first.
10. **Learn your triggers and leverage them for growth. Respond versus react.**

Not sure how to get started?  
Let me help you.  
Contact me for a free discovery call today.

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