

A Basic Plan for Survival

CHOOSE TO SURVIVE - We must make a conscious decision to be an active participant in our own healing process.

FEEL THE FEELINGS - We must give ourselves permission to grieve deeply for a season.

STAY CONNECTED - While on the healing journey we must ask God and safe, supportive people to be our traveling companions~ to share our sorrow, ease our fears, defuse our anger, and process our guilt. In relationship we have a much better chance to reclaim our joy.

PRACTICE Acceptance & Forgiveness - We must give ourselves grace and truth and time to eventually accept our loss and forgive others and ourselves.

SLOWLY GET BACK IN THE GAME - All the while we must gently and gradually ease ourselves back into reality.

BE THE NEW YOU - We are forever changed, yet essentially the same... living, breathing, loving, inherently precious children of God.

SHARE YOUR EXPERIENCE - We can now be seasoned traveling companions for other survivors on the recovery road.

Linda Flatt ~ June 1997 www.survivingsuicide.com

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