



## Healing Affirmations for Grieving Hearts

from ***Comfort for Grieving Hearts***  
by Gary Roe

I'm stunned. Dazed. I must breathe...

Because my love is deep, my grief may be intense. Tears are  
natural and healthy.

I give myself permission to be sad. I will let the grief come.

It's okay if I get angry. I will find healthy ways  
to express my anger.

Loss is confusing. I'll be patient with myself.

Life is surreal. I'm trying to make sense of things.  
This will take time.

There are many things I won't understand. I'll be patient with myself.

I'm missing you. Feeling alone is natural when grieving.

I may feel numb at times. That's okay. My heart is working to manage the unmanageable.

I'll work on accepting myself while grieving, one moment, one step at a time.

I feel crazy sometimes because losing you is nuts. I will learn to accept that  
I'm not at my mental best right now.

My life is disturbed, so it makes sense my sleep would be too.  
I'll focus on grieving well and trust this will change over time.

I'll ride this grief roller-coaster as best I can, one moment at a time.

Though some people might disappoint me, I will grieve as best I can, given the circumstances.

When fear comes, I'll try to acknowledge it, identify it, and release it.

When anxiety strikes, I'll breathe deeply and remind myself that it will pass.

Guilt is not my friend. I must find ways to show it the door.

I will ask forgiveness and forgive myself, so I can be free to love you and grieve well.

I will say to myself, "I forgive you." This is part of loving and honoring you.

Blaming won't bring you back. Instead, I'll forgive. I want my heart as free as possible.

When I'm angry with God, I'll be honest about it. He can handle my emotions.

I'll grieve well by getting the time alone I need while staying connected to people  
who are helpful to me.

I'll try to eat well and take care of myself. You would want this.

Grief is exhausting. I'll try to have realistic expectations of myself during this time.

I will be myself and express my heart with those I trust and feel safe with.  
I will honor you by sharing my grief.

I not only lost you but much of what was attached to you.  
I will be kind to myself because this is hard.

I can't expect others to understand my grief, but I will work to find some  
who will be respectful and considerate.

Grief is hitting my body too. I'll be kind to myself and take the best care of myself possible.

When unhelpful, insensitive words are said, I will protect my heart and release them  
as quickly as possible.

Some will try to fix me and my grief. I will remember that their words are usually more about them than about me.

I miss you and long to hear your voice. I love you.

I will be proactive and make a simple plan for your birthday.  
I will honor you and express my love.

I will be proactive and plan for how I will handle the grief bursts that come.

I will engage in life today as best as I can, remembering you.

I will find people who will listen and walk this grief road with me.

I'll release guilt and forgive myself as many times as necessary. Grief is heavy enough.

What I believe might be shaken or undergo some intense examination. This is natural.

Even if I feel empty and apathetic, I'll be patient with myself. I trust this will change over time.

I will accept myself and trust that any depression I experience is temporary  
and will pass with time.

If my depression deepens, I'll reach out for help. This is part of loving myself, and you.

I'll find ways to express my grief without comparing my loss to that of others.  
Comparison does not help me grieve well.

Life is tough and losing you is painful. There's plenty to scream about.

It's hard to imagine a future without you in it. I will focus on grieving well  
and celebrating you along the way.

I can't control the words and actions of others. I'll focus on grieving  
and being the best me possible in this situation.

Even if others don't mention you, I will. I'll give us a chance to grieve together.

Since I now know grief, I can engage with other grieving hearts.  
This could be good for all involved.

Even though I'm hurting, I can comfort others. My pain has purpose.

With family, I'll open my heart to those who are supportive  
and limit my exposure to those who aren't.

Grieving is a process. I'll be patient with myself and accept myself along the way.

If I feel less connected to you, I won't panic. This is part of grief.

I will speak your name and tell your story. This helps me grieve  
and is part of loving myself and you.

When fear of more loss comes, I'll acknowledge the fear and release it.  
This is part of grieving and living well.

When grief bursts come, I will breathe deeply and feel them through.  
These times are steps forward, not backward.

Rather than dreading special days, I will make plans to remember and honor you.  
This is part of loving myself and you.

My heart needs to continually express itself to be healthy and to heal. I'll find a way to do this.

I will live and love today, one person, one moment at a time.

Losing you has taught me I can look back, own the hurt I've caused,  
and live more meaningfully than ever before.

I can express simple kindness to other grieving hearts. This helps all of us.

Part of grieving is learning to let go of what is no longer helpful.  
I want to travel light and make a difference.

Letting go may not be what I thought. I can release what was and embrace what is,  
one moment at a time.

I'll keep breathing deeply, try to control less, and practice living in the present moment.

Losing you has sensitized me to the pain of other people.  
Even while hurting, I can comfort others.

Now that I know grief, I can be part of the solution for other grieving hearts.  
I will show up, listen, and love.

I will be patient with myself and remember that grief bursts can happen at any time,  
even months or years down the road.

I will make the anniversary of your leaving count. It will be hard, but it can still be good.

Loss has taught me what's important and how to live with more purpose and impact.  
I'm grateful for this.

I will make your loss count. I will love and live life one interaction, one moment at a time.

**For more helpful resources, visit [www.garyroe.com](http://www.garyroe.com).**