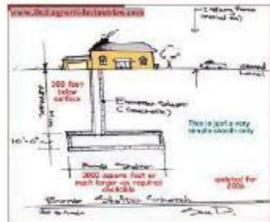


# YOU ONLY GRIEVE IF YOU HAVE LOVED THAT HONOURS YOU AND OTHERS AS HUMAN BEINGS

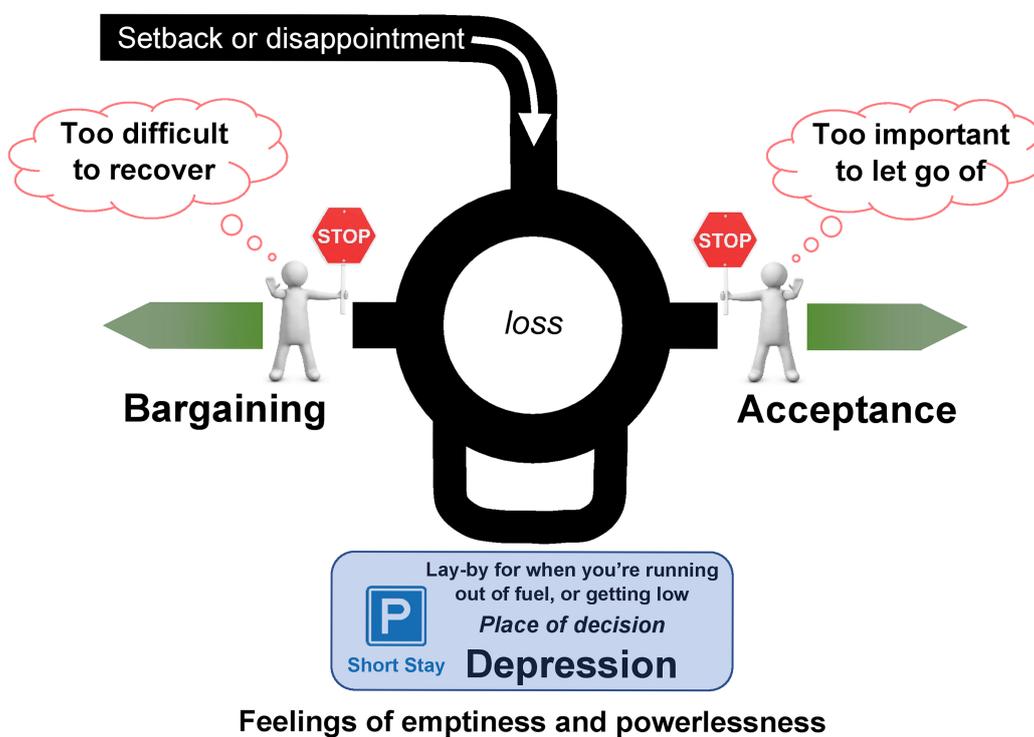


# From Shock to the Growth Cycle

An Emotional Logic safe place is NOT like a bomb shelter!



It is your planning office.



## The serenity prayer

Higher Power, please grant me...

The **serenity** to accept the things that I cannot change, (**Acceptance**)

The **courage** to change the things that I can, (**Bargaining**)

And the **wisdom** to know the difference. (**Depression, as the place of decision**)