

The 5 Aspects of G.R.I.E.F. ©

“Someone doesn’t have to die for us to be grieving. Our children may be giving us grief. Our job, our health or our neighbor may be giving us grief. The 5 Aspects of GRIEF© formula will help us tap all of the primary story lines around every single challenge we face!” ~ Jan Luther

The 5 Aspects of G.R.I.E.F. ©

1. **G**etting your head around it
or **G**iving up your verdicts and vows
2. **R**egrets from the past
3. **I**magined future disappointments
4. **E**veryone’s response (and your unfinished business)
5. **F**orgive and **F**orge ahead

The key thing I hope that people will see, hear and feel about this program is that these five aspects are in every single life challenge we face. This simplifies our process tremendously because we now have the map to guide our work.

You may ask, **“How does this formula, The 5 Aspects of Grief©, work for a client that is not mourning the death of a loved one? How would I adapt this formula for someone who, say, has lost their job?”**

In this example, the first aspect we will most likely need to address for the client is:

“**G**” - Getting your head around the fact that you walked into work on Friday and had no job when you left. Then, the second “**G**” will be clearing all of the verdicts and anger about how this wasn’t supposed to happen.

Next will probably be “**E**” - The shame of being fired will automatically draw our attention to worries about what everyone else is thinking!

Then “**R**” - amidst all the anger will be thoughts of “wish I hadn’t worked so hard for them only to be fired.” Or, “beating myself up because there was another job I could have taken that would still be mine”... all of the EGO stories just jump up on this framework.

“**I**” is obvious...the client may be filled with dread and worry about the imagined future without a job or income. And, of course, the end objective is “**F**” - to help the client **F**orgive and **F**orge ahead.

The beauty of The 5 Aspects is that **using this framework you can ensure that you get every single story line with every single session!**



Jan Luther, The EGO Tamer® & EFT Founding Master
The 60-Minute Miracle Coach
Author of *Grief Is...Mourning Sickness*
& Co-author of *Mastering the Art of Success* with Jack Canfield
www.JanLuther.com • GriefIsMourningSickness.com
Copyright © 2012 The Rejuvenation Station, LLC

