

For further reflection...

The human soul doesn't want to be advised or fixed or saved. It simply wants to be witnessed – to be seen, heard and companioned exactly as it is.

– PARKER PALMER

Bear one another's burdens, and thereby fulfill the law of Christ.

– GALATIANS 6:2

There is no greater agony than bearing an untold story inside of you.

– MAYA ANGELOU

Telling the story helps to dissipate the pain.

Telling your story often and in detail is primal to the grieving process.

You must get it out. Grief must be witnessed to be healed.

– DR. ELISABETH KUBLER-ROSS