

About the Grief Resource Center

The Grief Resource Center has been created to reach out to those in the community who are grieving and to promote an awareness of the many ways grief can be experienced.

At the Grief Resource Center, service providers can come together and work in partnership to help individuals define their own unique pathways to healing.

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***The Grief Resource Center is a
501(c)3 nonprofit organization.***

One Day at a Time

by Linda Phelps, Ph.D.

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R E S O U R C E C E N T E R



One Day at a Time

The grief journey involves reconciliation. Reconciliation is the process of learning how to develop a new self-identity based on a life without your loved one. Experiences take place each day that can help you build your new self-identity, and over time, help you discover new meaning and purpose in life in a world that has now changed.

There are times during the grief journey when it can be helpful to approach reconciliation with simple actions that can be done one day at a time. These simple, short actions can make it easier to embrace new and long lasting meaning and purpose. During reconciliation, kindness and compassion are essential elements in healing.

Consider the following:

One day at a time... I will not attempt to understand everything that is happening in my life right now. I will take each day as it comes living moment by moment, hour by hour.

One day at a time... I will not dwell on what I should have or should not have done for my loved one. I know that blaming myself can result in paralyzing guilt. I will transform any guilt I may experience into self-forgiveness and a greater capacity for loving those who are still with me.

One day at a time... I will acknowledge the loneliness that I feel knowing that it signifies the depth of my love. I know that from this experience I can be more sensitive to others who have lost loved ones.

One day at a time... I will conserve my energy because I know that grieving takes strength. I will commit to fewer obligations and only do the things that are necessary.

One day at a time... I will look for a purpose in my suffering. I will acknowledge that I may not understand it all, but I will consider the possibility that adversity can be a source of meaning and growth for myself and others.

