



EFFECTIVE COMMUNICATION

LISTEN TO LEAD

TIFFANY BERG COUGHRAN

GRIEF MADE EASIER

HOW TO USE THIS TRAINING



1. Print this PDF in black & white or color - double sided. Print an additional 31 daily journal pages front and back (p.29-30).



2. Watch for video symbol to indicate an accompanying videos



3. Complete all sections, using the Daily Planner for 30 days

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MY COMMITMENT TO YOU

Before my late husband was diagnosed with cancer, I taught emotional wellness. I had written books on the subject and spoken professionally to large audiences for years. But his death unraveled every bit of my clarity. That loss brought grief on a personal level I'd never known. None of my previous knowledge equipped me to face that kind of loss. I floundered making many poor choices which

negatively impacted my five children (who were also grieving). These secondary wounds - losses which happen out of our woundedness - are common. Enter chaplaincy and years of learning and research. Today my hope is to help YOU avoid some of those difficult secondary wounds. While grief is not easy, it can be made EASIER with better tools, deeper insights, and fresh courage.



**GRIEF IS NO
CAKE WALK.
HONESTLY, IT
SUCKS.**

Every personality manages grief differently. Extroverts aren't better at it than introverts, and leaders aren't better at it than followers. It hits us all alike.

The trouble seems greatest when we try to "fake" our way around grief and sugar coat its impact in our lives. Honesty and transparency are key factors in healing through what sucks.

THE GOAL OF THIS TRAINING

The goal of this training is to expose you to new tools by introducing you to new ideas. This may stir up difficult emotions and memories, which may bring up old hurts. This is not an effort to diagnose or prescribe (I highly suggest finding specialists who can help there) but an honest effort to guide you through emotional excavations and awareness.

As much as we unpack together in this training, I'll help you organize. The videos that correspond with these pages can assist you in processing the activities and concepts. If you value the content and the learning style, I'd encourage you to join me in our programs to go deeper in your own journey.

LET'S GET STARTED.

Some housekeeping topics before we begin.

This training is offered as a support to you. As you think of others who could benefit, please direct them to it as well.

Please do not distribute or make copies that would negate the contribution made here. Substantial sacrifices have been put towards the growth of this platform and tools. We want to share them with as many people as possible, while keeping the integrity of the material and quality of the content.



FOR THE HELPERS

Perhaps you are not currently in deep grief but rather, you serve those who are suffering from loss and trauma. You may serve in healthcare, hospice, social work, or even marriage and family counseling. These tools will be very insightful for you in your work.

Please pay close attention to your own "transference" as you learn this content. As referenced in the

safety training on airplanes, first put the oxygen mask on yourself, then on those around you. Be present to your own healing first.

As you learn more about Grief Systems, you may be interested in certification programs and opportunities to teach on our team. We would love to share more about those possibilities!



IF YOU SERVE THOSE IN GRIEF

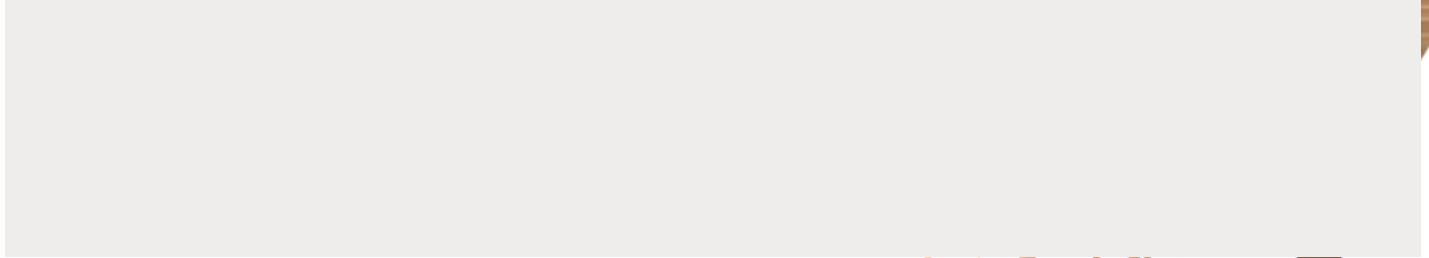
You have power in serving to help others **GRIEVE STRONG**. By supporting people through healthy grieving, you give them emotional safety when they need it most.



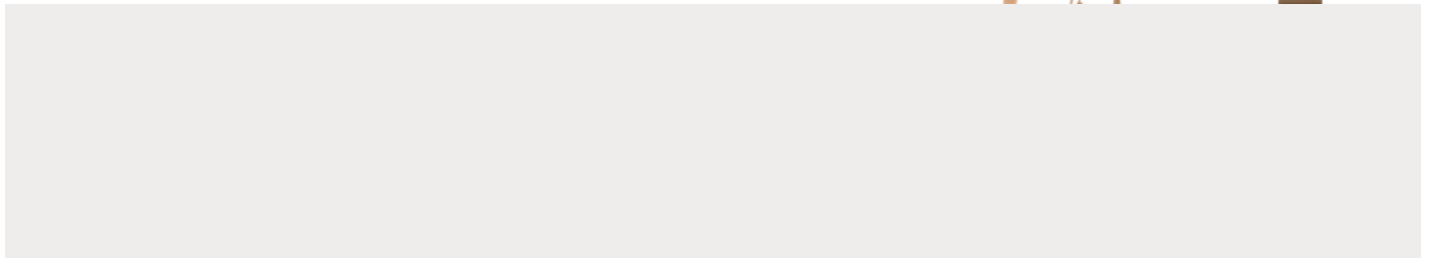
3 THINGS DON'T HEAL

3 THINGS DON'T HEAL

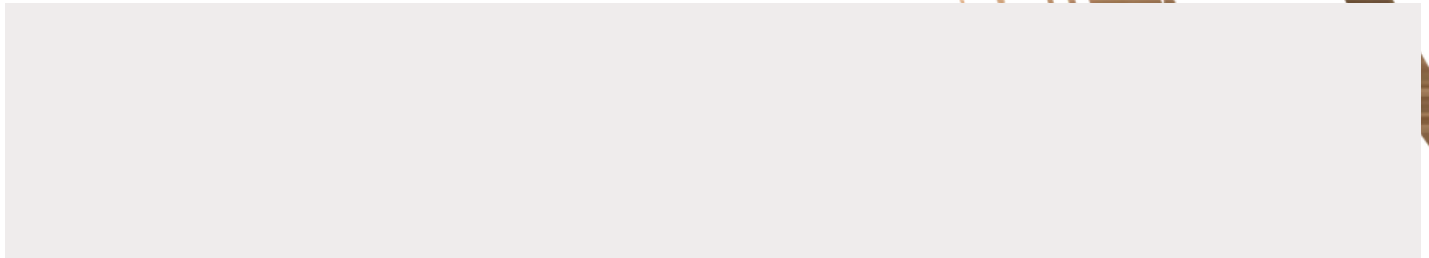
COMPLICATED GRIEF



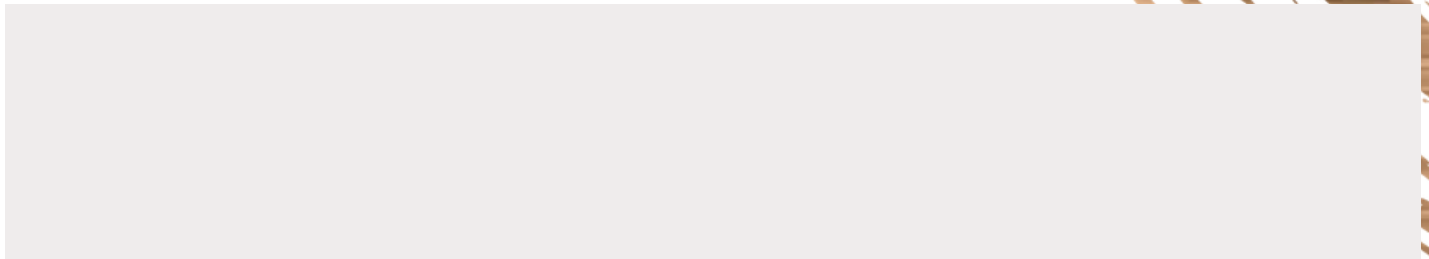
REGRET



REMORSE



FIXATION





3 THINGS DON'T HEAL

Trite statements such as "time heals all wounds" are confusing and misleading. Over time unhealed trauma begets PTSD, anxiety, and health disorders. Time itself is no healer.

Three things require additional help. 1. Regret 2. Remorse and 3. Fixation. Once we understand those three concepts, we are more versed in asking for needed support.

Healing from grief in a healthy way often requires us to "unlearn" unhealthy patterns and coping strategies. This "unlearning" can be shared with others who are also grieving. New and better understandings give us permission to heal at a deeper level.

In your grief journey, what regret, remorse and fixation need healing in your life?



INTENSE HEALING REQUIRES INTENTION.

Now that you recognize these 3 things, where will you place your attention?

What is your intention in those 3 categories? What actions can you take?

How can you forgive yourself?
How can you forgive others?
What fixation can you address?



2 QUESTIONS



TWO QUESTIONS

Grief is isolating. It makes us feel alone and introspective. By its very nature, it creates disconnection. When faced with those variables, the most common question haunts us, "Is this NORMAL?" Translation: "Am I NORMAL?"

The best way to address this nagging question is to widen the field of data. Most people experiencing dramatic loss and

trauma, feel unsteady, confused, and desperate for certainty. Grief takes a hit on our confidence and our sanity. So, yes. What you are feeling - the whole gamut of emotions - is normal. The better question is how do NORMAL people having an abnormal amount of grief, successfully wholeness? And how do they keep it? What does success look like after devastating loss?



1. IS THIS NORMAL?

Expectation management. Intense loss changes our reality. Like viewing ourselves in a carnival mirror, distortions and stretched perspectives must now be realigned and reshaped. Research shows that those who heal most successfully seek to understand patterns of loss and overcoming. Whether in person (through group therapy or support) or vicariously reading and viewing documentaries, biographies or movies, healthy grievers recognize great normalcy comes through exposure to more stories of loss. Don't be surprised if you find yourself seeking out others with losses like yours.

TWO QUESTIONS

Nothing FEELS normal. And, it may not feel normal again for quite a while. Grief and loss can feel like a tornado swirling around, engulfing our day to day lives. It can also feel disorienting physically as our appetites, sleep schedule, hormones and emotions swing to extremes. When nothing feels normal, it is especially helpful to seek out new tools and new people

who can support you; people who are able to see and hear you in an unbiased way. Sometimes those best equipped to support you will not be those who were closest to you before your loss or trauma. Grief changes us. Things that once interested you may hold little value or significance. It is "normal" to feel like your life doesn't fit or that you can't find your stride. This often takes an extended period of time. Give yourself room to feel "off". Your time frame for healing can be set by you. There is no right or wrong length of time with grief.



2. WHEN WILL IT STOP HURTING?

Grief creates physical pain; something new grievers share candidly. Many grievers express a heaviness in their chest, difficulty breathing, a caving in of the shoulders and sense of physical exhaustion from heartbreak. This is very real, manifest pain. Take this cue. Those things that heal the body (massage, sunshine, stretching) can also heal the heartbreak.

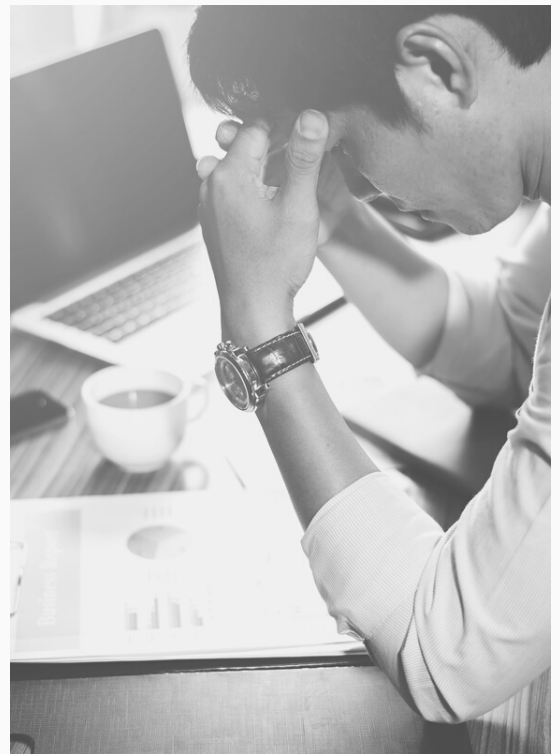
TWO QUESTIONS

When we cannot reverse a loss, the question turns to grief economy and management. How do we best manage grief pain - physically, emotionally, financially, relationally and spiritually - all while we work, raise children, maintain friendships, and most importantly, keep breathing? How do we avoid self-medicating and numbing while in so much pain?

One of the common pieces of advice is to support yourself through "self-care". True. Self-care is essential while we move through loss. However, there is something deeper than self-care that is critical and often missed. This piece to the puzzle is trained thoroughly in the 5 Grief Systems. Souls that are hurting and broken need more than a pedicure, they need restoration.

WE CRAVE NORMALCY.

Normalcy offers certainty. When tectonic plates shift below us and we no longer recognize our lives, we crave solid footing. Even simple habits can help us feel more empowered and prepared for what lies ahead. Small habits like setting out your favorite coffee mug the night before, or kissing a picture each morning, or listening to a cherished playlist, can bring solace and normalcy.



GRIEF SYSTEMS



30 DAY JOURNAL

AN EASIER WAY TO HEAL



TIFFANY BERG COUGHRAN
CEO, FOUNDER

GRIEF SYSTEMS

30 DAY JOURNAL

AN EASIER WAY TO HEAL

This is not just another journal.

This experience will be different. We'll do some important investigating before we jump into the 30 day journaling. This may enlighten you and inform you. Honestly it may help you see yourself in a way you never have before. This journal is an opportunity for you to submit to an external exercise. I'm going to ask you to plan your days, weeks and months differently by adding key components that especially help with grief.

The three big components I want you to track are 1) your daily anchors 2) the Sacred and 3) your margins. This is a very different vocabulary and way to see your day. When going through grief each day seems to tumble out like a purse on a coffee table; scattered pieces of what makes you, YOU, but in no order, with no plan.

Taking the time to plan your day, as well as review your day with these three components can assist you in finding stability and meaning. This may change how you bookend your days forever.

The daily journal begins at sunrise (approximately) and ends at sunset. This is important. Especially during intense grief, it is essential to balance yourself by the rhythms of nature. Our minds and bodies work best when we follow those starts and stops.

I've also included significant personal exercises prior to the daily journal pages. We will dig into who you are and what brought you to this moment as a person in context. You've come to today with a history and a pedigree of grief that informs your behavior, your priorities and your dreams. Note on the following page any losses in the current year and their impact.

YEAR IN CONTEXT

GRIEF MAPPING THIS YEAR

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

YOUR GRIEF LIFELINE

Loss can hit us in waves. There are seasons in our lives when those waves come in multiples, bowling us over in the riptide.

It is helpful for us to recognize the timelines of events and how they unfold to bring us to this moment. Whether we have suffered hugely traumatic losses and traumas, or we have endured difficult situations

and people, those circumstances have a cumulative effect on the people we are today. We don't often look at those layers like rings of a fallen tree, attending to the devastation of certain years and experiences.

Some losses are invisible to others and we may brush over them and unimportant; that miscarriage, that lost scholarship, that bankruptcy. Yet, these things become layers through which we see ourselves, hope, and our future possibilities. Complete the following page considering ALL losses in your life.



WHAT LOSSES PUNCTUATE YOUR LIFE?

Losses and micro losses. When we lose someone it is not just one loss, it is 1001. We lose the way they made us feel, the way we interacted, the dates on the calendar connected to them, the clothing they wore, the jokes they told, the way they walked . . . losses contain micro losses.

YOUR GRIEF LIFELINE



Instructions:

Begin at the word Macro. This is your birth date. The top of the line is today. Mark your big losses (Macros) from birth to present.

Then go back a second time and note the smaller (Micros) losses connected to those big losses.

Example: Macro loss at 7 years old. Grandpa died. Micro loss when Grandpa died there were no more fishing trips on the river.

MACRO

MICRO

YOUR GRIEF PEDIGREE

My grandma Eva was in a devastating auto accident as a young mother. She was told she would never walk. She defied the doctors, walking and living mobile into her 90's, a sassy family icon.

My mother's life was informed by how my grandmother chose to manage loss. My mother also has had challenges, namely losing my older brother when he was six

and I was four. That loss impacted our family, my parent's marriage, and how I saw death growing up.

Your family losses, your parent's losses, your siblings losses, your children's losses . . . they all impact you as well. On the next page, draw out your family tree citing all losses in the lives of those in your family. Each loss affects you, affects relationships and creates holes.



WE ARE PEOPLE IN CONTEXT.

It is equally important to recognize patterns of mental illness, depression, suicide and addiction that connect to grief and loss within your family.

Has there been a pattern of self-medicating after a difficult loss? Have you been affected by family patterns of suicidal ideation? Other patterns may be histories of cancer or infertility, which impact families with financial and emotional struggles.

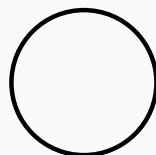
YOUR GRIEF PEDIGREE

Instructions:

The circle is YOU.

Draw to sides of the circle, your siblings. Draw above you, your parents. Write down any additions or subtractions through loss, adoption, death, divorce, remarriage, etc. Then continue to add your grandparents (upward) and children (downward) and write down losses connected to their lives. If needed, use a larger paper.

How has this pedigree informed your feelings of grief?



YOUR REVISED BUCKET LIST

Our bucket list changes when the people and circumstances in our lives change. Things may be added or removed without our permission. Sadly, dreams that once felt so close may be gone forever.

What we want for our lives changes if our future now includes a wheelchair, an amputation, loss of a spouse, beloved child, a house or a breast. Grief revises our vision.

Different seasons also change our bucket list. We may find ourselves cutting pictures out of Seventeen Magazine, then the Oprah Magazine, then AARP Magazine as we glue images of our "envisioned" life. There may be times when we feel despondent, wanting nothing anymore. We don't want a new puppy, a new love, or a replacement life. That is normal too.



GRIEF WRITES A DIFFERENT LIST.

What is on your bucket list *now*? How has grief rewritten your list?

What is absent now from your list? Why?

What are possibilities for your list?

What activities or experiences make you curious about your potential, your talent, your life calling, your story, your future?

YOUR REVISED LIST

ONE

TWO

THREE

FOUR

THE DAILY MARGIN

We hold our breath a lot when we're grieving; like we're waiting for the other foot to drop. We struggle relaxing our diaphragm and our mind. Our appetites become confused and we no longer feel a compulsion to eat, or drink, or sleep. That's why we must schedule "margin" into our day.

This practice is beneficial for non-



grievers as well! A margin is a buffer, a transition, a window of time to let the light in. Just 15 minutes of margin with your toes in the grass can restore your soul for hours. Take it.

Small margins give big results. Play an instrument, doodle a picture, take a walk, lean the car seat back and watch the clouds morph into circus animals . . . it doesn't need to cost money . . . but take it. During times of high grief, "margin" will be essential to sanity and emotional bandwidth between decisions, visitors, and swells of tears.

MARGINS RESTORE YOUR SOUL.

What things restore your soul? How can you do these things more often? Where can you add *margin* into your daily schedule?

Where and when can you add 3 margins of 10 minutes each to your day?

Can you pause at the park before you walk through the door at the end of the day? Can you sit on the floor and write a poem before you take that call?

THE DAILY SACRED

Grief sometimes calls into question our faith tradition and engagement in our faith community. God may even be the recipient of some choice words after tragic, unjust events. Why? Where is God?

I invite you to table these questions and simply take time every day to notice the Sacred. Every day there is something coincidental, remarkable, unexpectedly beautiful

and quietly exquisite. Every day in your daily pages, bring attention to those things that bring reverence, stillness, and holiness to your day. It may not be grand or religious, but it will have meaning. Take note. It may be a bird that lands on a windowsill, or a song that plays at a perfectly timed moment, or a friend that calls when you're struggling the most. All Sacred. All meaningful. Take note.



ATTEND TO THE SACRED.

What brings *divinity* into your day?

How can you add *spirituality* and *holiness* to your daily routine?

What things can you memorialize to bring greater depth to your emotion and reflection?

What brings you *sacred strength* and fresh insights?

What habits move you from lower thinking to *higher thinking*?

daily ANCHORS

PHYSICAL

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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RELATIONAL

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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FINANCIAL

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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MENTAL

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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JOURNAL PAGES

DATE:

schedule grace & margin.

DAILY ANCHORS

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

MARGIN 1

MARGIN 2

MARGIN 3

MARGIN 4

MARGIN 5

PHYSICAL

○	
○	
○	

RELATIONAL

○	
○	
○	

FINANCIAL

○	
○	
○	

MENTAL

○	
○	
○	

honor the sacred.

THE SACRED TODAY

--

JOURNAL ENTRY DATE:

love life.

What I love today:

REFLECTION.

Something important to me today:



"MOURNING" ROUTINES



"MOURNING" ROUTINES

What is mourning versus grieving? Mourning is the "effective activity" of active grieving. It is visible while grief itself may not be. Effective activities are those which bring healing and wholeness afterwards.

Have you experienced "effective mourning"? What did it feel like? What made it helpful as opposed to draining or hurtful? Some key ingredients happen during

"effective mourning". The first key is emotion (either triggered or allowed), the second is props, the third is restoration.

At early stages of acute or fresh grief, we feel triggered constantly. The smallest of reminders or topics push us into mourning and grief bursts. As time passes we may need to schedule time to move through mourning to address unresolved issues and wounds.

What props help you mourn?
What triggered you at early grief stages?



PLAN GRIEF DATES.

As you look at your calendar, note specific dates that are bound to bring up grief. These may be birth dates, death dates, anniversary dates, court dates, moving dates . . . dates that are laden with emotional landmines.

Take the time to plan helpful mourning on those dates. Recognize that you will be better equipped to move through those dates if you establish a plan beforehand.

HOW DO I MOURN EFFECTIVELY?

GRIEF CALENDAR

What dates stir grief in me?

GRIEF SYSTEMS

THE 5 VISUAL SYSTEMS

AN EASIER WAY TO HEAL



THE 5 VISUAL SYSTEMS

The 5 visual frameworks of Grief Systems are so simple you could easily draw them on a napkin at a diner. That's the point. We all grieve, therefore the best tools for grief should be easy to understand and follow.

Unlike traditional grief talk therapy, which can be long and re-traumatizing, Grief Systems works with the brain to process hard

circumstances quickly and deeply. Once the brain recognizes patterns, our heart moves to peace more easily.

Like the 1-2-3, 1-2-3 of dancing, soon the counting becomes natural and new muscle memory is created smoothly with ease. While the frameworks do not remove suffering, they do offer clarity in the suffering.



NOT YOUR MAMA'S THERAPY.

Your personal healing will benefit generations who follow. The 5 Grief Systems frameworks will change how you process loss, and thus empower the lives of those you lead.

What tools can we use with our kids to expedite their healing? How can we empower them to be more self-aware and whole than we have been? Are you ready to learn new tools that can impact others as well as yourself?

PURSUE HEALING LIKE OXYGEN

One healthy home can impact hundreds of people. You can be the epicenter of healing simply by learning new tools. Maya Angelou said, "When we know better, we do better."

Realizing too late that their lives could have been more meaningful or whole. (at their deathbed)



MODERN GRIEF, MODERN TOOLS.

Looking for people to coach others using these tools.

FASTER - EASIER - MODERN

Application in corporate teams and leadership.

Testimonials:

Application in addiction recovery and codependency.



LEARN THE SYSTEMS.

What options to learning the systems?



HOW CAN I SUPPORT YOU?

If you're ready to heal, let me teach you
the 5 Grief Systems!

-Tiffany



GRIEF QUESTIONNAIRE

Experience	Current	Past
1. Death of close loved one		
2. Personal terminal diagnosis		
3. PTSD Symptoms		
4. Traumatic life change		
5. Divorce, Adoption, Separation		
6. Night terrors or Panic attacks		
7. Head injury or TBI		
8. Depression or Anxiety		
9. Healthcare/EMT/Police professional		
10. Homeless or fear of homelessness		
11. Cancer/COVID/Paralysis/Disability		
12. Disenfranchised from Culture		
13. Shame		
14. Addiction		
15. Abuse (sexual, physical or other)		

There are two categories of grievers.

One is "fresh grief" - which is most acute and intense. This is characterized by debilitating present pain and trauma. It may also involve physical PTSD symptoms. This is most common when loss is current to 1 year.

The other more "managed grief". This does not mean less significant nor important. It simply means that on a day-to-day basis the pain of grief is less debilitating. In managed grief there still exist very difficult moments, only less frequent.