

Healing Your Grief Picking Up the Pieces Unit 3

After-Class Handout

Remember to use your 9-1-1 tools to ensure you stay present and don't get triggered.

Trigger Warning: I do mention suicide in this module

Digging a little deeper into your story...

In this unit you learned how to collect the aspects of your story and then isolate what I call the VERDICT which the EGO will use to keep you triggered and spinning.

Remember that the EGO thinks it's helping you avoid pain by trying to close the case with a verdict. The problem is...none of the deeper, healing work is done and you actually end up stuck in a state of shock and trauma.

Using your Unit 3 class handout, write out the descriptive aspects of your story like this:



Picking Up the Pieces - Finding the Verdict

1. WHERE (on a map)
2. WHEN (day, date, time)
WHEN (event, circumstance)
3. WHO (always the central piece and it could be YOU!)
4. SAW (the scene)
SAW (faces / expressions)
5. HEARD (dreadful words, sounds)
6. FELT (physically, emotionally, intuitively)

These 6 aspects are always present in your story when you get specific.

Additionally, there may be SMELLS (cologne, gasoline, bad breath) or any number of other unique one-time experiences.

After you've written out all the actual aspects of your story (*and, yes, by all means use your 9-1-1 tools from Unit 1 to keep from going into panic*).

Ask yourself these questions:

What is my VERDICT about this story?

What do I think ABOUT what has happened to me?

A verdict is NOT:

- ❖ One of the core 6 Aspects
- ❖ The title of your story or movie

A verdict IS:

- ❖ How you FEEL about what happened
- ❖ The Conclusion the EGO has come to and is repeatedly saying to you
- ❖ A decisive statement ABOUT the experience

Some examples of what a Verdict may sound like:

- ✓ It's just so tragic!
- ✓ It wasn't supposed to be this way.
- ✓ I did everything "right." How could this happen?
- ✓ It's not fair!

From here, you would write out as many verdicts as you can locate and give each of them a SUDs number.

The phrases we tapped on :

- ✓ It wasn't supposed to be this way.
- ✓ No one can help me.
- ✓ I just cant keep going like this... *switched from the resistant phrase to a determination phrase of "I cannot (meaning will not)" keep staying stuck like this.
- ✓ I can't do this.
- ✓ MY FAULT—the idea that somehow I said or did something that contributed to this situation.

Are you sure you have the Verdict?

Remember: A Verdict is...

- 1. Not based on a sense apects**
- 2. Very emotive and is more of a defensive and descriptive story (my EGO's excuse for staying in pain).**
- 3. Drenched in opinion and judgment.**
- 4. Sounds conclusive (as if there's no room for discussion).**

Verdicts can be dangerous because unless we isolate and neutralize them, we're "sentenced" to the suffering they proclaim.

Verdicts are beliefs that our EGO renders as rules. If we don't challenge and deliberately decide not to believe these thoughts, we're destined to be punished and limited by them.

An unexplored verdict becomes a VOW that the EGO must defend and protect to save face.

However, **when we do successfully neutralize a verdict**, it clears away layers of trauma and defensivness and makes room for the deeper work of healing the true aspects of your specific trauma, loss and change.