



THE WELL OF GRIEF

MONTH 3: Mid-November to Mid-December

Again, as you engage with the below assignments, please be aware of words and images that bring up specific emotions, memories, reflections and questions. Highlight those passages (or make note of the running time.) Please also pause and take time to go deeper into your responses through journaling. Listen to your inner teacher. Include what comes up for you in your reflection paper.

Required Listening

[Writing as a Tool for Grief with Karen Wyatt MD and Larry George MD](#)

Please note: this podcast focuses on healing practices in response to the suicide of a father.

Required Reading

- *Understanding Your Grief: Touchstone Four: Explore Your Feelings of Loss*
- *Bearing the Unbearable: Chapters 16-25*
Please note: Mentioned losses include spouse, mother, children, sibling.
- Excerpts from *Unattended Sorrow* by Stephen Levine: A Grief Journal and Opening the Heart in Hell