

# 428: How to Heal Ambiguous Grief

## 10 Point Checklist

**Stephanie Sarazin**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

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*Get* **YOURSELF OPTIMIZED**

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HOSTED BY **STEPHAN SPENCER**



**“Grief, even ambiguous grief, can serve as a path to your higher self and a deeper understanding of life's purpose.”**

**STEPHANIE SARAZIN**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Recognize my “reluctant knowing.” Understand that ambiguous grief often begins with a reluctant knowing deep within me. This is my inner voice alerting me to specific grief, and it's crucial that I heed this awareness.
- Embrace intellectual exploration. While intellectualizing my grief won't completely heal it, it can be the first step toward understanding what makes my grief ambiguous. Attempt to dissect my emotions and the unique aspects of my grief.
- Identify the hallmarks of ambiguous grief. This type of grief often manifests as a sense of hope intertwined with the pain of loss. If I find myself clinging to hope that centers around changing someone else or circumstances beyond my control, it may be a hallmark of ambiguous grief.
- Differentiate between external and internal hope. Ambiguous grief can trap me in external hope and prevent me from moving forward.
- Shift my perspective on grief and see it as an opportunity for positive transformation. Grief, even ambiguous grief, can serve as a portal to my higher self and as a deeper understanding of my life's purpose.
- Develop my own rituals to honor and let go of ambiguous loss. Find a way to commemorate the lost relationship or identity in a way that feels right for me.
- Set intentions for how I want to navigate my grief journey. Intentions can provide focus and direction, helping me to stay grounded during challenging times.
- Practice “challenge gratitude.” This involves expressing gratitude for the challenges and difficulties I face and trusting that they are opportunities for growth and learning.
- Incorporate positive affirmations into my daily routine. These affirmations can help shift my mindset and reinforce my belief that I can navigate and heal from ambiguous grief.
- To find Stephanie Sarazin and access her resources, including her book [Soulbroken](#) and her [Ambiguous Grief Assessment Tool](#), visit her website at [stephaniesarazin.com](http://stephaniesarazin.com).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/how-to-heal-ambiguous-grief-with-stephanie-sarazin/>