

# STELLAR *Life*

Hosted by *Orion*

## Ambiguous Grief: Navigating the Loss of a Loved One Who Is Still Living

### 10 Point Checklist

**Stephanie Sarazin**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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# 10 STEPS YOU CAN TAKE TODAY

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

- ☐ Experience your grief fully and honestly. Don't bottle up your emotions or pretend to be fine when you're hurting. Create space so that you can process, vent if needed, and be kind to yourself in difficult moments.
- ☐ Understand the ambiguous grief you feel. Ambiguous grief occurs when your loved ones are still alive, but your relationships have drastically changed. This grief is still valid—learn to honor it.
- ☐ Don't rush to forgive to feel like a “good person.” Fake forgiveness can cause you resentment and physiological stress. You need to be authentically ready to forgive, no matter how long it takes.
- ☐ Align your actions with your true feelings. Don't betray your heart by saying things you don't yet genuinely feel. It's vital to live authentically in order to grow and heal.
- ☐ Share space and compassion for others to grieve. Become a nonjudgmental listener and a shoulder to cry on. Help those who grieve to feel seen and heard. Community support makes a huge difference in the healing process.
- ☐ Share your grief with others, even when it's hard. Sharing your grief connects you with others and can provide catharsis. Grief is a universally shared experience.
- ☐ Discover your true, authentic self. Self-reflection is hard work, but it can erase your false narratives and allow you to experience genuine growth. Align your actions with your authentic self to experience fulfillment.
- ☐ Connect your thoughts, emotions, and actions. Wisely choose your path and avoid making decisions based on external pressure. Peace comes when you align with your authentic self.
- ☐ Intentionally give and receive love. Open yourself to love's transformative power. Your highest self emerges through love, especially in periods of grief.
- ☐ Visit Stephanie Sarazin's [website](#) to learn more about how to navigate through ambiguous grief. You can also order her guidebook [Soulbroken](#) to help you as you grieve.