

FROM LOSS — TO — LIVING

A Companion Workbook to
What Lives Through Loss



*“Healing does not ask you
to forget.
Only to keep living.”*



Dr. Devina Wadhwa



Welcome



If these pages have found their way into your hands, chances are grief has touched your life. This workbook is a gentle companion for the journey—offering reflections, practices, and space for your heart to breathe.

There is no right way to grieve.
There is only your way.



May these pages remind you that you are not alone, that your love matters, and that life can hold both loss and living.



Five Things Grief Taught Me



1

Grief is not something to fix.

It is a process to move through,
an experience to be honored,
not a problem to be solved.

2

**Healing and hurting
can exist together.**

You can find moments of peace
and joy even while still
feeling the ache of loss.

3

Love doesn't end.

It transforms. The connection
you share with those you've lost
continues to be a part of you.

4

There is no timeline.

Be patient and kind with yourself.
There is no deadline for healing.

5

Joy is not betrayal.

It is a testament to the life
that still moves within you.





Today, I Make Space for What I Feel



Today I miss...

Today I remember...

Today I need...

Today I am grateful for...



Five Minutes: A Grounding Practice



When grief feels overwhelming,
come back to your breath.



- 1 Feel your feet on the ground.
Notice the support beneath you.



- 2 Take a deep breath in
through your nose.



- 3 Exhale slowly
through your mouth.



- 4 Repeat for five breaths.
Feel the rhythm.



- 5 Offer yourself compassion.
You are doing your best.

This moment is enough.





*Joy is not betrayal.
Allowing yourself happiness
honors the love
and the life you shared.*



*When was the last time I allowed myself
joy without guilt?*



When Someone You Love Is Grieving



INSTEAD OF...	TRY SAYING...
 I know how you feel.	I care about you. I'm here for you.
 Everything happens for a reason.	This is so hard. I'm so sorry.
 You'll feel better soon.	Take all the time you need.
 Let me know if you need anything.	Can I bring you a meal? Can I sit with you?
 At least...	I'm holding space for whatever you're feeling.



A Letter to *My Loved One*



*Write whatever is in your heart.
There are no right words here.*

Dear _____,



Things I Hope You Remember



You are allowed to feel everything.



You are not alone.



Your love is not a burden.
It is a bond.



It's okay to take one day at a time.



You are stronger
than you think.



Healing is not forgetting.
It is integrating.



Life can hold both
loss and living.



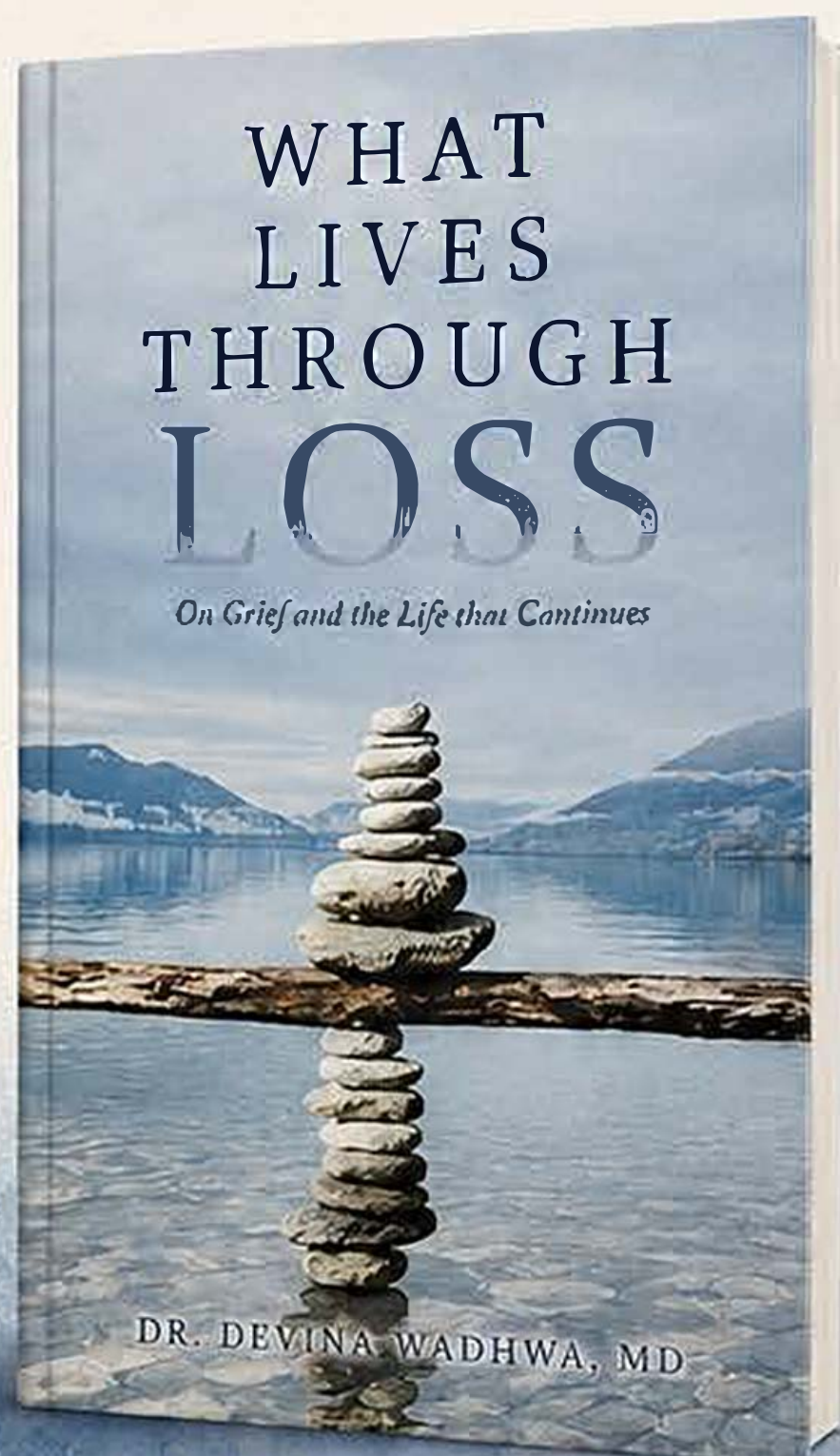
Thank You



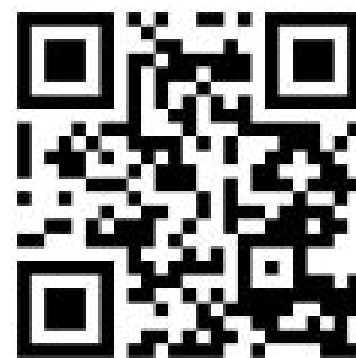
Thank you for allowing yourself
this space, these reflections,
and this journey.



May you continue to move
from loss to living,
at your own pace,
with love as your guide.



Learn more about
What Lives Through Loss



www.drdevinamaya.com



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