



FINDING JOY AFTER WIDOWHOOD

Rediscovery Exercise

Rediscovery Exercise: Unveiling Your Inner Joys

Welcome! I congratulate you on taking a step to being a happier you!

The only way we are going to manage this loss and become closer to who we want to be again is to move through it.

Acceptance. We don't have to like what happened, but we do need to acknowledge it did happen and we are now changed because of it. This also means it is our duty to not wallow in our loss twenty-four hours a day.

We can choose the mindset of victim, or we can choose to be a victor - one moment at a time. One thought, decision and then action at a time. Some days it is one step forward and two steps backward. That is okay. You are okay as long as you keep trying.

When I wrote this, it was day nine-hundred-forty-seven since my husband passed. I don't know what day you are on when you read this. My capacity at day one, seven, three-hundred-sixty-five and now, were all different. But, we can't not try.

Navigating emotions like guilt, fear, and the hesitancy to embrace moments of joy is a common thread for us all. It's essential to acknowledge these complex feelings with compassion and understanding. If you got out of bed this morning, it's a good day.

The truth is, **your capacity for joy doesn't diminish the love and respect you hold for the one you've lost.** They loved to see your smile.

This is a journey toward healing. This is you giving yourself vital oxygen. This exercise aims to gently guide you through reflections that help you carve a path toward your birthright - health and happiness and yes, even joy. We must feed our soul with light and love and joy to stay healthy.

Take your time reflecting on these questions, delving into both the highs and lows of each experience. The goal is to unearth moments that resonate deeply with your inner self. Enjoy the journey of rediscovery. This journey is about rediscovering the threads of joy woven into your life. Take a moment to explore, reminisce, and envision the countless ways you can infuse self-care and joy into your present and future.

You deserve this.

Below: On the Venn Diagram, write in the number(s) from the next few pages for the younger you in red, on the current you in medium blue, and the temporary, grief you in green. See where your newfound knowledge lands you in overlapping sections.



- 1. Childhood Delights:** Write down a time when a childhood activity made you blissfully happy. Alternatively, recall a moment when you felt carefree and full of wonder. **Response:**

- 2. Reading:** Share a memory of a book that transported you to another world. Describe a time when reading became a sanctuary or a thrilling adventure. Do you like comic books, sports statistics, a good romance or are biographies your thing?
Response:

- 3. Hobbies and Volunteerism:** Think about a specific occasion when your hobby brought you immense joy. If applicable, recall a moment volunteering that left a lasting positive impact. **Response:**

- 4. Bucket List Reflections:** Reflect on a time when you dreamt about achieving a bucket list item. Alternatively, share a moment when you took a step, no matter how small, toward making a dream come true. **Response:**

5. **Shared Joys with Your Spouse:** Write about a time when you and your spouse shared an unforgettable joyous moment. Alternatively, recount a simple yet meaningful shared experience. Can you do something similar now with a friend or family member? **Response:**
6. **New Skills for the Year:** Recall a specific instance when trying something new brought a sense of accomplishment or excitement. If this is a challenge, envision a moment when you successfully navigated the unfamiliar. **Response:**
7. **Deferred Desires:** Share a memory of a time when you said, "Someday I am going to..." Alternatively, think of a moment when life's demands overshadowed a personal desire. What was it? **Response:**
8. **Solo Experiences:** Describe a time when solo activities provided a deep sense of contentment. Was it hiking, running, swimming, sleeping in, baking bread, rearranging the closet, building a fort, tinkering with an engine? What was it? **Response:**

9. **Connecting to Laughter:** Think back to a time when laughter became a powerful antidote to life's challenges. Alternatively, share a memory of a moment when you felt the joy of shared laughter. **Response:**

10. **Expressive Outlets:** Recall a specific instance when expressing yourself through creativity brought a profound sense of satisfaction. If this is a new venture, imagine a scenario where artistic expression leads to personal fulfillment. **Response:**

11. Now go back to the Venn Diagram and write in the numbers in the middle sections that still interest you, still bring you joy, or you want to explore from your childhood or time with your spouse(left middle - purple) and from the grief-filled you (right middle - yellow) and the you looking to break out and come back to who you are at your core. (White middle)

12. Now commit to trying one new thing (or more if you want) from what you have discovered. (Light blue)

Today, I (name)_____ commit to trying
_____. Signed: _____

FINDING JOY AFTER WIDOWHOOD

In this ebook, we embarked on a journey of healing and rediscovery. You hold the power to choose victory over victimhood, acknowledging complex emotions with compassion. Remember, joy is not a betrayal but a pathway to healing. Share your insights and connect with others. Your journey is uniquely yours, and by embracing it, you pave the way for a brighter future. Keep moving forward; your strength knows no bounds.

We invite you to share your experience with this tool at centaurcourses@gmail.com. How did it help you navigate emotions? What did you discover about yourself? Do you now know at least one thing that makes you smile? Will you try one of the things you wrote down? Your insights could inspire others on their journey of healing and rediscovery. Your voice matters. YOU matter.

