

How Am I Doing on My Grieving and Recovery Journey?

1. How do I describe my grief right now?

2. Where am I at in the transition process? Am I now making choices in my life based on creating a happy life rather than based on my need to focus on grieving?

3. What character qualities will help me go forward from here? Circle or check off those that most apply.

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| 1. Acceptance | 21. Flexibility | 41. Perseverance |
| 2. Assertiveness | 22. Forgiveness | 42. Purity |
| 3. Beauty | 23. Fortitude | 43. Purposefulness |
| 4. Caring | 24. Friendliness | 44. Resilience |
| 5. Chastity | 25. Generosity | 45. Respect |
| 6. Commitment | 26. Gentleness | 46. Responsibility |
| 7. Compassion | 27. Helpfulness | 47. Self-Discipline |
| 8. Confidence | 28. Honesty | 48. Service |
| 9. Contentment | 29. Humility | 49. Sincerity |
| 10. Cooperation | 30. Idealism | 50. Spirituality |
| 11. Courage | 31. Integrity | 51. Tactfulness |
| 12. Courtesy | 32. Joyfulness | 52. Thankfulness |
| 13. Creativity | 33. Justice | 53. Thoughtfulness |
| 14. Detachment | 34. Kindness | 54. Thriftiness |
| 15. Discernment | 35. Love | 55. Trustworthiness |
| 16. Encouragement | 36. Loyalty | 56. Truthfulness |
| 17. Enthusiasm | 37. Mercy | 57. Unity |
| 18. Equality | 38. Moderation | 58. Wisdom |
| 19. Excellence | 39. Patience | |
| 20. Faithfulness | 40. Peacefulness | |

4. What can I do to be more connected to Bahá'u'lláh?

5. What can I do to be more connected to Bahá'í community life?

6. What more do I need now? How can or what can meet that need for me?
