



HEALING DOESN'T MEAN FORGETTING

Carrying Love Forward While Moving Forward

Your healing does not erase your love.

Many grieving people struggle when they begin to notice moments of peace, laughter, or joy again.

They may wonder:

- ♥ Am I forgetting them?
- ♥ Am I moving on too quickly?
- ♥ Should I still be hurting this much?
- ♥ What if healing means leaving them behind?

These thoughts are common.

But healing does not mean forgetting.

It means learning how to carry love in a new way.

*Your loved one can remain part of your story
while you continue living yours.*



WHY HEALING CAN FEEL GUILTY ♥

Sometimes grief creates an unspoken belief:

*"If I stop hurting,
I am letting them go."*

But love and pain are not the same thing.

Pain is one expression of love. It is not the only expression.

You can remember them deeply and still allow yourself to heal.



YOU MAY NOTICE... ♥

- ♥ Feeling guilty after laughing
- ♥ Feeling guilty on good days
- ♥ Worrying that others will think you have "moved on"
- ♥ Feeling conflicted when life feels normal
- ♥ Wondering if healing means forgetting
- ♥ Feeling disloyal when experiencing happiness
- ♥ Struggling to give yourself permission to live fully



THE TRUTH ABOUT HEALING ♥

- ♥ Healing does not erase memories.
- ♥ Healing does not end love.
- ♥ Healing does not mean forgetting.
- ♥ Healing does not mean they mattered less.
- ♥ Healing means learning how to carry both love and loss.
- ♥ Healing is a continuation of the relationship—not the end of it.



WAYS TO CARRY LOVE FORWARD ♥

- ✈ Share their stories
- ✉ Write letters to them
- 📷 Display meaningful photos
- ♥ Live out values they taught you
- 🌙 Visit meaningful places
- 🎵 Listen to music that connects you
- 🕯 Create remembrance rituals
- ★ Continue traditions that bring comfort



REMEMBER THIS ♥

Your loved one is not honored only through your pain.

They are honored through:

- ♥ Your memories
- ♥ Your laughter
- ♥ Your kindness
- ♥ Your growth
- ♥ Your resilience
- ♥ The love you continue to share



SMALL STEPS THAT CAN HELP ♥



Call someone you trust



Journal a favorite memory



Take a peaceful walk



Look through photographs



Do something they would have enjoyed



Practice self-compassion



Notice one moment of gratitude



Allow yourself to smile without guilt



*Your love never ends.
It simply changes shape.
And in that new shape,
it continues to live on.*



YOU ARE NOT ALONE ♥

*Healing does not mean
leaving them behind.*

*It means carrying their love
forward into the life
you are still living.*

*You can miss them
and still experience joy.*

*You can grieve them
and still heal.*

Love remains.



**MOURNING
DISCOVERIES**

Compassionate Grief Support,
Education, and Hope.

*You do not have to
walk this path alone.*

