



Helping You Transform Your Tears into Great Success & Joyful Living

BEYOND THRIVING: SHORTCUTS TO SUCCESS

Thrive and Success.
Everybody wants to, most are only surviving.

The goal is for you to easily Thrive *moment to moment* regardless of what's going on in your life, regardless of what's going on in the world. That every day is a successful day. Sounds too good to be true? It is probable when you learn and apply the tools in this handout as many of my clients have successfully do so.
How?

The answer is in... *The 5-Fingers Method Daily Practice*

Your thumbs

What does a two-thumbs-up awesome up day look like? Start your day with this image in mind. And ask yourself throughout the day, as you do different activities, what would a two-thumbs-up outcome would you want for what you are about to do? Then give your two-thumbs-up effort into your activities.

Also, what in your life are still two-thumbs-up? Perhaps that you can see, read, and have the mental capacity to think for yourself? Write down at least 3 things you are grateful for every morning. If you need extra motivation, join my Joyful Living Daily Gratitude group on Facebook and get my "Your 52.3 weeks Gratitude Journal", available on Amazon in any country.

Your 2nd finger: Your Pointer Finger: Point and Press

Point out what you need to do today to create the two-thumbs up day you want. Use this as your guide, your north star, throughout the day.

And Press.

Press the do button, now. Answer that email now if at all possible, instead of going back to it. Do that selfcare appointment you know you need and deserve.

Also Press your **internal pause button** when ever overwhelm, worry, doubt, fear, self-criticism...sneaks up on you

Your 3rd finger: Your Middle Finger

You know what this one is for... ☺: the 3 F words.

The first F word is the *one* you already know. So go ahead...drop your F-bomb (safely) and say NO to stuff not serving you. It is good to express your feelings so you stay Fantastic.

Which takes us to the 2nd F-word: FANTASTIC.



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BEYOND THRIVING: SHORTCUTS TO SUCCESS **Continues**

Know that you are Fantastic regardless of your results, because you endeavor your very best. Many times, when we have things going on, we feel there is something wrong with us. There is nothing wrong with you. You are not broken even if you have a broken heart. You Are Fantastic.

And when you practice the 3rd F word, Forgive, you feel Fantastic even easier. Forgiving has nothing to do with agreeing or approving. It is letting go of your imprisoning wish that things had happened differently or is happening differently. Forgive, so you are free to move forward fantastically. Let go stuff that not worth the increase in your blood pressure.

Your 4th finger: Your Ring Finger.

a.k.a. the Love Finger for L.O.L:

Love Out Loud and Laugh Out Loud

Studies show that laughter is beneficial for your emotional and physical health. And love makes you feel better and calmer. So share your love and laughter with your best friends and with strangers; you'll both feel better. ☺

And remember to take care of yourself. Self-love and allowing support are not selfish. They are serving to others and act of honor to your loved ones. Put on your own oxygen mask first. If you are compromise, you can't help others. And your loved ones want you to be well, just as you'd want them to be well. Allow support if you are not doing well.

Your 5th finger: Your Little Finger

Appreciate and clean up the little things.

Who can you express your appreciation to, today?

What can you appreciate about yourself today?

And clean up every little dissonance as soon as you can. Scoop while the pile is small.

Last but not least: "*Beautiful are those with IMperfection*" (Birgitte Tan).
Endeavor, while willing to be like your hand and my hand: beautifully Imperfect.

But what if...the tsunami of changes swept you off and thrown you into the abyss of life?
The answer is in the next page...

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THE 9 MYTHS OF GRIEF

Did you take Grief 101 in college? Most schools and colleges do not teach their students on what to do when they are grieving so that they can recover from their grief completely and effortlessly. Most of us learned how to deal with grief watching and listening to other people around us. The problem is, most people in our society don't know how to navigate grief effectively either.

Most people believe that doing one or more of the 7 practices this article discuss will help us recover from our grief fully and quickly. Unfortunately, in most case these 7 practices cause more pain and delay our recovery from grief.

Grief myth # 1: It's not really grief if it's not death or divorce or other huge loss.

This is very saddening as we are telling people who are grieving from other causes that they don't deserve to grieve, making them suffer in silence. While in truth, **grief is the unsettling feelings caused by a change in our familiar pattern.** The Grief Recovery Institute identifies more than 40 causes of grief, which includes retirement, moving, getting marriage, financial change (positive or negative), major health changes, loss of safety (such as community shooting, fire evacuation), and many others. It is important for us to recognize when we or someone we care about are grieving, so we can address it and recover from it completely. Why do we need to completely recover from our grief? It is because grief is like hot lava burning inside of us. Left unresolved, grief will seep into many aspects of our life and even cause us to "explode" inappropriately, in addition robbing our peace of mind and joy. We want to recognize when we are grieving and address it properly.

Grief myth # 2: Staying busy.

Do you keep on running if one of your legs were broken, hoping that it would reunite on its own and fixed itself? Most likely, you would go to a doctor to have surgery and then physical therapy. When we are grieving, our hearts have been broken. Have you ever come home after a gathering with well-meaning friends just to feel your sadness even more? Or perhaps you ran around all day and when it was time to go to sleep, you couldn't sleep because you were exhausted and in even more pain emotionally? Staying busy might temporarily numb us from our emotional pain, but it will not help us heal and can actually delay our recovery from our grief, just like if we kept running on a broken leg.



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THE 9 MYTHS OF GRIEF

Continues

Grief myth # 3: Don't feel bad.

As a veterinarian-oncologist, I have many clients who started crying during the initial consultation, and almost as many who apologize for crying. Many said “I’m so sorry, I tried to not get emotional and cry, so sorry I am such a wimp and cry with you here.” It is very saddening for me to hear this. Their beloved pet just got a malignant cancer diagnosis and they feel they should not be sad, scared, upset, and cry? It is sad that we often feel that we should not feel bad, that we do not deserve to grieve, because that is the message we receive from our society’s when we were growing up: “No need to cry, he’s getting the best treatment” or “Well, at least he’s no longer suffering from the illness” or “Don’t feel bad, you should be grateful you still have...” or “Don’t feel bad, we’ll get you another dog.” And this lead us to the 4th common but often harmful practice when we are grieving.

Grief myth # 4: Grieve alone.

Have you ever heard the saying: “Laugh and the whole world laughs with you, cry and you cry alone.” Or perhaps you have noticed that when someone is sad and crying, other people tend to leave her alone or tell others to “give her some space.” It is sad that many of us think they have to be alone, thus feeling even lonelier and even more isolated, when they can benefit from loving support the most.

Grief myth # 5: Replace the loss.

My well-meaning friend gave me a hug and said “Don’t worry your husband’s leaving, you’ll find a guy soon, there’s plenty of fish in the sea.” I didn’t know I was married to a fish! She continued “Just let him go, it’s not worth fighting for. You know I had been married 3 times, it gets easier to just replace them than wasting your time and energy trying to work things out.” Swiftly replacing someone while our wound is still bleeding can cause multiple problems. First, we are not allowing ourselves time to heal; the replacement helps keep us distracted from our pain, but not helping us clear the hot lava inside of us. Secondly, we often end up cheating ourselves and the replacement the full opportunity for a wonderful relationship because we start our new relationship on a broken ground. Finally, some of us end up feeling guilty from not being able to be fully present and joyful with our replacement, thus corroding even more peace of mind and joy from ourselves.

*Source: The Grief Recovery Handbook, 20th anniversary expanded edition, 2017.



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THE 9 MYTHS OF GRIEF

Continues

Grief myth # 6: Be strong for others.

In my oncology practice, I often hear a spouse or a friend saying to my clients: “Don’t let the child / the dog / the...see you cry, you’ll upset them too. The first problem with trying to be strong for others when our heart own heart is bleeding is it does not allow us to grieve the way we need to. We end up trying to push away the hot lava in us and thus delay our ability to recover from it and potentially create more damage from it. The second problem from trying to be strong for others is it can cause subconscious resentment to the person we tried to be strong for.

The third problem is you are hurting your loved ones when you try to be strong. Recent ECG studies show that what’s going on in your heart changes the heart rhythm of other people and pets as far as across the room from you. When you are grieving, even if you put on a smiling face, others around you will be afflicted emotionally and physically.

Grief myth # 7: Time will heal your grief.

If our legs were completely broken, we don’t just go sit in the couch and expect our legs to heal on their own. Yet, that is what many of us expect to happen when our hearts are broken, and wonder why many months or even years later we are still grieving. Just like with broken legs, we need to seek and receive the appropriate help for our broken heart for it to recover completely.

Grief myth # 8: Not sad, not grief.

The truth is, even when the cause of grief is a loss of a loved one, many people feel other emotions besides grief. Many feel anger, overwhelm, atypical or progressive tiredness, unfulfilled, unmotivated. Some experiences physical symptoms that often minimally or not responsive to treatment. Grief is like a chameleon, it can disguises itself in many forms.

Grief myth # 9: Moving on means forgetting/stop loving.

The first truth is, allowing yourself and your heart to heal is an expression of honor and loved to the ones you love. When you allow support to help you complete your relationship, you will be able to remember your loved one in a cherished beautiful way, without the pain. You will naturally more incline to celebrate the person when you can do so with more ease and joy. Celebrating and cherishing our loved one are expressions of our honor and love to them.



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THE 9 MYTHS OF GRIEF Continues

The second truth is, the ones who love you want you to be happy and living your life to the fullest, the way you would have wanted your loved ones to thrive. When you allow me to support you and complete your relationship, your heart will heal and you will be in peace of mind again. You will have the evergreen tools and skills to confidently and with more ease navigate your feelings through life ups and downs. You will feel at peace with your recent loss and even more confident and at ease as you move forward in your life and THRIVE, as your loved one would have wanted you to be.

As you may see by now, these myths on how to deal with grief when it strikes us can create more damage than good. I hope the awareness you gain from reading this article helps you and/or your loved one move through and beyond your grief with more a little more ease. If you have any question or would like a complimentary laser coaching, please connect with simply schedule an appointment with me by clicking this link: [I want an appointment with Dr. Birgitte Tan now](#). And if you want more information on how to interact with griever, read on to the next article.

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For more resource, check out my book: "[Seeking Peace: The Proven 5-Fingers Method to THRIVE Through Change Effortlessly.](#)" (SeekingPeaceBook.com)

"Every adversity, every failure, every heartbreak, carries with it the seed of an equal or greater benefit." – Napoleon Hill

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When Someone You Know is Grieving

The 9 Nos and 3 Big Yeses

Living this life, it is not if we are going to encounter grief, it is when we or someone we know is going to go through grief. Yet, we typically don't go through school being taught about what to do and say someone we care about or one of our acquaintances is grieving. For many of us, it is an uncomfortable awkward moment when we speak with someone who recently experiences a loss, whether it's a loss of a person, a relationship, a pet, a job, a home...

Here are some tips on the Do and Don'ts for when we interact with a grieving person:

The Nine Nos:

1. Avoiding them or saying nothing about their loss.

Often we do this because we don't want to make them even sadder or we don't know what to say to them. Unfortunately, it makes many grieverers feel we are afraid they are going to have a "meltdown" or that we simply don't care, and we end up hurting them even more this way. Instead, we might want to say "I am so sorry you for your loss. Please let me know if I can support you in any way. I'm here for you."

2. Asking "How are you?"

Instead, ask "How are you today?" or "How are you this afternoon?" Hearing "How are you?" is often confusing to many grieverers as they feel it should be apparent to you that they are grieving. Adding a shorter time frame, such as this afternoon, to the question "How are you?" allow grieverers to focus on the moment they are in and perhaps answer "I am feeling OK despite everything today" or "I am overwhelmed with sadness this afternoon."

3. Giving them unsolicited advice or touch/hug.

Grief is like a fingerprint. We all different individuals and grief differently. Even if we had the same type of loss as our grieving friends, they might or might not feel the exact same way we did. What worked and good for us might not be for them. Also, being told to do something differently often make grieverers feel that we think they don't know what they are doing, which can be offensive. Instead of giving advice, let them know we care about them, and listen with love to what they say. If they do ask for our advice, we want to give as objective and focus answers as possible.



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When Someone You Know is Grieving

The 9 Nos and 3 Big Yeses Continues

4. Saying “I know how you feel.”

Instead, say “I can’t even begin to imagine how you feel” or “I can only imagine how you feel.” If you had have a similar experience, you might want to say “I can relate” without sharing your experience unless the griever asks you to.

Since grief is like fingerprint and we all grieve differently, we don’t really know how they feel. When my 20 years old cat died, many people said: “I know how you feel, I lost my cat/dog last year too...”. No one knows how I felt. He was not just a cat for me; he was my best friend, my only true friend, my boy, my guardian angel. It was more painful for me to lose him than to lose my 15 years of marriage the year before. We don’t know how they really feel.

5. Saying “Be grateful, you still have...”

Yes, we are grateful that other aspects of our life or our 3 other children are fine. Yet, this does not make the loss any less painful or easier. Most grievers would think, “Yeah I’m grateful, but I want the one who had passed away to be here too.” Also, during the early stage of grief, when the wound is still very raw, those with children or pets sometimes feel the loss, even more, when they look at the surviving siblings, children, or pets. This is because the ones who are still here remind the grievers to the one who has died. Many grievers find this well-meaning suggestion very offensive and make them feel misunderstood.

6. Saying “He/she is in a better place.”

How do we know the person grieving and the person who had died even believe in life after death? Even if they do, it does not make the loss less painful to the grieving person who is still here.

7. Saying “Don’t feel bad” or “It’ll get easier” or “Be strong.”

Even though we mean well, for the persons who are grieving, this statement is very dismissive. It is dismissive of their feelings; it does not allow them to feel what they are feeling at the moment. It is also dismissive to the severity of their situation.

8. Saying “Everything happens for a reason” or “God has a plan.”

Hearing this, most grievers will think: “I don’t care about the reason, I just don’t want this to happen” or “Then why is God so cruel?” Even if you truly believe that every adversity carries the seed of goods in it, this statement can be very offensive or disheartening to the grievers.



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When Someone You Know is Grieving

The 9 Nos and 3 Big Yeses Continues

9. Asking details about the loss.

Some people are uncomfortable sharing their feelings. Also, some people might have a different perspective and are not grieving much at all, when we think they would be grieving. We want to listen to them if they want to share, but not nudging them to share if we caringly express our sympathy and they give a short close-end answer.

The 3 Big Yeses when interacting with griever:

A-B-C

B: BE a Heart With Ears and Open Hands

Grieving or not, we all want to feel heard.

People will feel heard when we:

Listen with love and patience.

Listen with no judgment and no expectation.

Listen without giving them feedback.

Some griever would share their feelings, some not.

Some griever tell jokes and random stories.

Be there with open hand to listen and support, let them know you are available (if you are), but don't impose.

Just BE a Heart With Ears and Open Hands.



-Joyful Riches Beyond Grief-

A: Appreciate

C: Compliment

If you do one thing when interacting with griever, that is BE a heart with ears and open hands. If an opportunity arises, you may also express your appreciation for something specific they have done or compliment them on something specific. Please note that general statements such as “I appreciate you” and “You look great” often only confuse or offend griever.

Appreciate specifically, such as “I appreciate you interjected when I went off topic in our meeting today.” Compliment something that the griever has done instead of about him or her. For instance, “I love how your tie matches your shoes” instead of “That tie looks great on you.” Specific appreciation and compliments show that you pay attention. Attention implies care.



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When Someone You Know is Grieving

The 9 Nos and 3 Big Yeses Continues

My heart is with you that you encounter grief. I hope this article helps you move through and beyond your grief with a little more ease. Please know that I am here for you and I wish you a smooth journey and fast recovery to a thriving life with full spectrum wealth and joy. Your next step is to schedule a complimentary consultation and laser coaching with me simply by clicking at this appointment scheduler: [I want to schedule an appointment with Dr. Birgitte Tan now](#). So together we can see how I may support you further in a way that feels good to you. If you have any question, please contact me at any time Support@BirgitteTan.com

From my heart to yours,
Dr. Birgitte Tan

For more resource, check out my book: ["Seeking Peace: The Proven 5-Fingers Method to THRIVE Through Change Effortlessly."](#) ([SeekingPeaceBook.com](#))

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