EVOLV coaching

Grief Triggers

- Smells - mom's perfume or grandma's Yorkshire pudding
- Ornament on the tree
- Participating in a holiday tradition (i.e., Christmas Mass)
- Memories surfacing unexpectedly
- Songs on the radio
- Not having your children with you over the holidays
- Realizing that you are on your own for the first time during a big holiday event
- Seeing other couples out and about holding hands and having fun together
- Seeing someone who reminds you of the person you lost
- Hearing a phrase or laughter that reminds you of someone
- Being at a party and feeling completely alone
- Wrapping presents
- Seeing photos
- Being in a new location and away from friends & family
- Movie or Commercial on TV
- Etc...

What might my triggers be?



© 2024 EVOLV COACHING | WWW.EVOLVCOACHING.COM