



Light Without Denial

Notice what remains without minimising what hurt

Finding something useful or meaningful in a difficult experience is optional, never a duty. This practice holds two truths: something was hard, and something else may also be present.

PAUSE AND CARE

Do not use this to search for a "bright side" in fresh trauma or grief. Validation and support may be what is needed first.

Five ordinary things that make life feel worthwhile

What happened, and what was difficult about it?

What helped me get through?

Did I learn, protect, change or discover anything?

What good still exists alongside the difficulty?

What I do not need to call positive
