

INTRODUCTION TO THE CREATURE COMFORTS CHECKLIST™

Clients need an easy way to let those who care *about* them ... care *for* them.

"Let me know what I can do to help" ... doesn't help.

Even people who love us dearly can lack the imagination, the sensitivity, or the understanding of grief to think of what would be healing for someone struggling with a major loss.

And those who are grieving don't have the mental resources in order to be able to think up those things themselves.

One of the most important things you can do to help your patient or client who might be anticipating or dealing with a current loss is to support them in shoring up their local sources of intimate social support. (We are, after all, animals that need touch, comfort, companionship, and a sense of our "herd.")

The Creature Comforts Checklist will help you help those you work with identify the intimate social support that would truly be comforting for them.

- It frees them of the need to find the words.
- It helps them get the social support they need in healing – support that is already around them and willing, but confused or shy about where to start.
- And it allows those who love them to offer healing care, building their bonds for the future.

Let me know how the *Checklist* works for your clients and patients!

Warmly,
Sara
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THE HUMAN JOURNEY® Experience is an innovative structured, single-session event that brings two to eight people together to find profound meaning, belonging, and the sense of a shared and positive future together in the face of loss and other life transitions.

We train, equip, and certify professionals to provide THE HUMAN JOURNEY® Experience to families and support groups to provide healing and purpose at life inflection points.
<https://the-human-journey.com>

THE CREATURE COMFORTS CHECKLIST™

YOU ASKED ME TO LET YOU KNOW IF YOU COULD HELP.

I'VE FIGURED OUT WHAT TO ASK YOU FOR ...

Seeing Comforts Me

- Take a drive or a walk with me to a meaningful place.
- Sit with me while I look at some things that belonged to my loved one – letters, jewelry, gifts, photos, or clothing.

Hearing Comforts Me

- Tell me stories of my loved one and/or listen to me tell you those stories.
- Listen to music that they loved with me.
 - Sing to me.

Smell & Taste Comfort Me

- Cook with me.
- Make me a dish that my loved one used to make.
- Bring me a scented eye pillow.
 - Bring me flowers.
- Make sure I have some easy-to-eat healthy snacks.

Touch Comforts Me

- Sit back to back with me for a little while, without speaking, just feeling your back against mine.
- Brush, braid or fix my hair.
- Massage my hands or feet with scented lotion.
 - Tuck me in.

Movement Comforts Me

- Sit together with me, without speaking or looking at each other, and synchronize your breathing to mine.
- Walk quietly in nature in me..
- Schedule a weekly walk with me for a while.

What Else Comforts Me

This would be so lovely ...