**Playbook to Heal the Undercurrent of Unresolved Grief and Loss**

*Unhealed Wound Seed*

**Opening to door to the Future and Reclaiming the Past**

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| Task #1 Opening to the Future | Task #2 Reclaiming the Past |
| Who: Mom and Mary | Who: Mom, Mary, Mary’s Grandparents |
| What: Redecorate Mom’s Bedroom (that she shared with Mary’s father) | What: Go fishing together in memory of what Mary and her dad used to do together |
| When: Will begin immediately by opening wide the door and leaving it open. Then, will proceed throught the steps below | When: Every other Saturday as long as the weather is agreeable |
| Where: At home | Where: Mary’s grandparents pond – the place where Mary’s fondest memories of her dad are |
| How: Mom and Mary will go home and immediately open the door before either one of them “chicken’s out.” They will also begin to look in magazines and catalogs that they have at home for new furniture/decorations to go into the room | How: Mary and her mom and grandparents will agree to meet at the pond one Saturday of each month to fish and relax together, weather permitting. They also all agree to NOT let anything other than an emergency stand in their way of this commitment |
| Steps to Opening the door to the future:1. Mom and Mary will together open up mom and dad’s bedroom to let the sunlight shine in
2. Mom and Mary will go through Dad’s personal possessions (including clothing) to select items that they want to keep in remembrance. The rest of the clothing will be taken to the local charity in order to help people who are less fortunate. Also, the furniture will be donated to Catholic Charities.
3. Mom and Mary will go to the local store to find “cheery” paint and furnishings to redecorate the bedroom in a style that mom likes
4. Mom and Mary will work together until the room is completed and mom has moved back into her “new” bedroom
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