

Resources Mentioned in Bonus Episode 3 - The Bridge is Out

[The Discomfort You're Feeling is Grief - Scott Berinato](#)

[Finding Meaning: The Sixth Stage of Grief](#)

[Blue Sky Metaphor: A Brighter World Blog](#)

Think of your mind as a bright blue sky- a place where thoughts, feelings, and emotions appear (as clouds). And there are times when the clouds are so dark and thick and stormy that we lose sight of that blue sky, but in reality it is still there- it's just obscured. It's just like the idea of trying too hard to accomplish something or get somewhere- **the things we want or are striving for are already there**, but what we focus on are the things blocking them. We don't need to actually reach for that thing itself, **we need to remove what's standing in the way**. Or in the case of this metaphor- seeing past the dark clouds and remembering that the blue sky is there, waiting for us to enjoy it.

[Playing Remote DND](#)

Spooky Caught Reading a Book

