

ALIVE IN DEATH

**Death, Dying, Grief and Self-Care Training for
Healthcare Providers**

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MODULE 4

HOW WE DIE

ALIVE IN DEATH

PRINCIPLES

This set of principles is a framework to be resourceful, present and aligned.

They originally come from NLP, a model for communication and human excellence. This model has been developed by Richard Bandler and John Grinder.

Principle #1

If what you are doing isn't working do something different.

This is a helpful principle to help you not get stuck and recognize that doing a small thing differently in your own situation or life will effect the whole system.

Principle #2

You have all the resources necessary inside of you.

This principle is a reminder that we can find answers inside of ourselves, and that all resources you need can be created or are already within yourself.

Principle #3

The Okness principle. You are ok the way you are.

You are ok the way you are. You are not broken, you don't have to fix something in your experience. You can reconnect to the basic innate goodness and wholeness that you already are.

Principle #3

Every behaviour has a positive intention.

Whatever issue, emotional challenge or limiting habit or belief you have in yourself, it is not about rejecting the issue in yourself. Whatever happens in your experience is valuable and has a lesson or deeper learning connected to it.

Principle #4

There is only feedback no failure.

This principle is a reminder that there is no need to blame yourself. You are learning with every step you take, and the best attitude is to experience it as ongoing learning and feedback.

Steps

- 1. Imagine a situation that is stressful.**
- 2. Think about each principle, as you look at this situation.**
- 3. Each time you notice the situation through the paradigm of this principle, notice how it effects the situation.**
- 4. Once you are complete see how the situation has changed.**
- 5. How is this going to help you in another situation?**

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THIS MATERIAL IS PART OF THE ONLINE TRAINING PROGRAM ALIVE IN DEATH. FOR THE FULL PROGRAM VISIT [HTTP://ALIVEINDEATH.CA](http://ALIVEINDEATH.CA).