



SLEEPING BEAUTY'S BLOG

What I realized ...	What I will do ...
My grief was hiding. I had been really upset, but had had no idea why.	I'm going to take time to write, think, feel and just be, so that I can better work out what I am feeling.
Getting help really helped. I felt so very much better after sharing with my mum.	When I feel upset or wrong, I'll let people know - even when I don't know what is upsetting me. They want to help me!
Jack's choice really hurt me. He didn't mean to but it still hurt. Sometimes people will do that.	I've chosen to forgive Jack. Forgiving him doesn't mean I have to trust him. I will get to know him slowly to see whether he is trustworthy.
I feel better when I am making life better for other people.	When I feel sad, I will sometimes experiment with doing something nice for someone - like hosting a surprise party! It is so much fun.
Even when things change, I can still feel ok.	I'll keep trying new things, but I'll also do some things that I really liked from a while back. I might even host Jack's family at a party with games and food from 100 years ago.

Note: Sleeping Beauty is using a grid to journal. There are many ways to sort through your thinking. This way is great if you have already got some insights into your thinking, and want to make sure you take the learning out of it.

Sleeping Beauty's Blog accompanies the book *Sleeping Beauty – The Lost Years*, by Katie Pye. Readers are encouraged to enjoy the book first. This blog is subject to copyright provisions.