



A 5-WEEK SAVORISM PRACTICE

GRIEF, TRUST, & TENDERNESS

radicalselfie.org



WELCOME

This printable gathers the five reflections we moved through together in the Grief, Trust, and Tenderness series on Radical Selfie Grounds. These questions are invitations — to slow down, to listen, to notice what's alive in you as you live with grief, endings, doubt, and beauty.

You can use this guide:

- As a solo practice
- With a friend, partner, or family
- In a small community circle

Move at your own pace. There's no timeline for tenderness. Each question includes a little grounding reflection and a few optional prompts. Pick what you need. Leave all else.

Plenty love,
Akilah Safiah

HOW TO USE THIS GUIDE

- Choose one question to sit with at a time.
- Carve out about 10–15 minutes if you can.
- Bring something to write with if you want — or just sit and breathe with the questions.
- Silence is welcome. Tears are welcome. Laughter is welcome. You are welcome.

If you're gathering with others:

- Invite a pause before and after each reflection.
- Listen more than you speak.
- Let people move through their reflections however they need — no pressure to share.





WEEK ONE

**WHAT ENDING – RECENT OR LONG AGO
– IS STILL TEACHING YOU SOMETHING
ABOUT YOURSELF?**

Endings don't always slam doors.

Some slip through the cracks and keep echoing.

What is one ending that's still shaping you?

What does it want you to remember?

If you feelin' spicy:

- How does this ending live in your body?
- What has shifted in you because of it?





WEEK TWO

**WHEN FEAR, GRIEF, OR ANGER FEEL TOO
BIG TO CARRY, WHAT DO YOU REACH FOR
– AND WHAT REACHES FOR YOU?**

We don't always heal alone.

What anchors you when the waters rise?

Wanna go deeper?

- What practice, memory, or person steadies you?
- How can you honor that tether more intentionally?





Your Notes



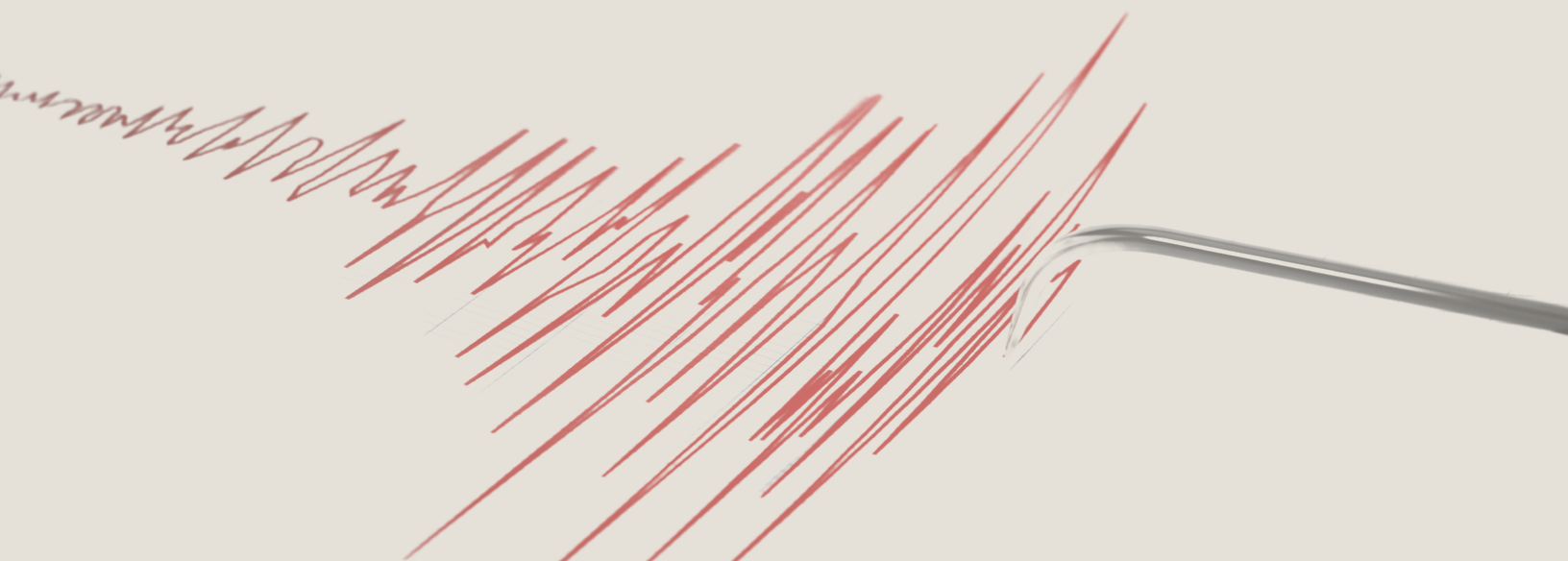
WEEK THREE

**WHERE ARE YOU LEARNING TO TRUST,
EVEN WHEN THE GROUND UNDER YOU
FEELS UNSTEADY?**

Trust isn't about certainty. It's about presence.

Optional depth:

- What feels risky to trust right now?
- What does your body say when you lean into trust?





WEEK FOUR

**HOW ARE YOU OFFERING CARE TO
YOURSELF WHILE THE WORLD ASKS
SO MUCH OF YOU?**

Care doesn't have to be big to be real.

How are you showing up for yourself these days?

If this feels good, then..

- What small acts of care have you offered yourself?
- Where can you loosen the pressure to "do more"?





WEEK FIVE

**AMIDST ALL THE BREAKING, ALL THE
ACHING – WHAT BEAUTY OR TENDERNESS
HAS FOUND ITS WAY TO YOU LATELY?**

Grief and beauty are not opposites. They hold hands.

Touch it...

- What small moment of beauty surprised you?
- How did it feel in your body to notice it?





HOW WAS THAT?

You made space. You stayed with it. You listened for what's still alive in you.

May these questions and your answers help you hold grief and trust, rage and tenderness, endings and beginnings — all as part of your practice.

Plenty love,
Akilah

Your Notes

NEED MORE INSIGHT & SUPPORT?

I LET IT DIE: A GRIEFTENDING COURSE

If you're looking for a place to be with what you've lost — without rushing to fix or explain it — I invite you into I Let It Die (the ILID Course). It's my grieftending course for learning how to move with endings, soften into release, and trust yourself through the mess and the meaning.

JOIN THE WAITLIST

