

Tear Soup – a recipe for healing after loss

Helpful ingredients to consider

- A pot full of tears
- One heart willing to be broken open
- A dash of bitters
- A bunch of good friends
- Many handfuls of comfort food
- A lot of patience
- Buckets of water to replace the tears
- Plenty of exercise
- A variety of helpful reading material
- Enough self care
- Season with memories
- Optional: one good therapist and/or support group



Directions:

Choose the size pot that fits your loss. It's okay to increase pot size if you miscalculated. Combine ingredients. Set the temperature for a moderate heat. Cooking times will vary depending on the ingredients needed. Strong flavors will mellow over time. Stir often. Cook no longer than you need to.

Suggestions:

- Be creative
- Trust your instincts
- Cry when you want to, laugh when you can
- Freeze some soup to use as a starter for next time
- Keep your own soup-making journal so you won't forget.

Serves: One

** To use this recipe in your publication or workshop, please use this byline.

Grandy's Recipe for Tear Soup

Excerpt from the family storybook - *Tear Soup, a recipe for healing after loss*

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