



A PLEDGE OF

healing

IN LOSS

A DAILY EXERCISE
IN SELF-CARE

KEISHA M. WELLS, LPC

Hi Friend,

There are many factors in pregnancy and infant loss beyond our control. I know that you understand this. So much sorrow in the absence of and deep longing for our precious little ones. Still, there are tender moments of joy and endearing love when we reflect on the undying love we created.

Pregnancy and infant loss takes so much from our lives, but it cannot take or limit our love.


In cultivating life after loss, we have inherent rights. Rights in how and why we grieve, rights in how we use our voices to request support or share our stories in loss. As a therapist, but angel mom first, I wrote *From Three Heartbeats to One: A Gentle Companion Offering Hope in Grieving Pregnancy and Infant Loss*, as a resource of compassion and comfort for grieving mothers (and their families) on this path in parenthood.

In supporting you, I would like to share an exercise featured in *From Three Heartbeats to One*, created to help you establish your voice and rights in grieving. Although this was not your plan or expectation as a mom—not what you deserved—I hope you know that you have rights and a unique voice on this journey. Your rights in how you care for yourself on this path are vital. Your declarations in honoring your baby and motherhood matter.

As a form of self-care, nurturing your needs and preferences, I created a *Pledge of Healing in Loss* to aid you in creating affirmations you can speak and live by daily. To empower and support you. Please print this pledge and tape it to your mirror or include it in your journal. Place it where you can review and keep it before you. There is also writing space for you to add to this pledge and create your very own.

In courage, we grieve





GRIEF
WILL NOT
DEFY
my love

A Pledge of Healing in Loss

I am a courageous mother to a loved and precious creation.

Loss does not limit my love.

Boldly, I love my baby daily because our connection is infinite.

I grieve and honor my precious one as I choose.

I define my path of healing in grieving.

My journey in loss is unique and valid.

My loss does not have to fit a specific mold or model others' losses.

I will never let my baby's lifetime or our bond be dismissed or forgotten.

I move forward and adapt to loss daily.

I take care of myself—mind, body, and spirit—to endure this journey.

I am kind to and patient with myself.

I will always remember and support the many moms and families who have faced (or will face) pregnancy and infant loss.

I will always remember our babies.

I speak my baby's name.

I treasure the gift of my baby's lifetime.

I am forever a mom.

Creating Your Pledge of Healing in Loss

I designed this exercise to empower you as you affirm your truth on this grieving and healing journey.

You do not have to complete this exercise in one sitting but do spend some time in a secure environment, where you can allow yourself to feel. This is an intentional and powerful practice.

As you begin, with pen and paper in hand, pause and take a few deep breaths in preparing to write from your heart.

Now, think of your precious little one(s) and the undying love you have for your creation. Think about the pure and unique bond you will always share. Try not to focus on grammar or writing style—but write unfiltered with an open heart. This pledge can grow and evolve as you move forward. Feel free to add to it over time, as needed.

Remember: this pledge is a vow—a daily declaration—that you will always honor your child(ren). That you will prioritize taking care of yourself. That you will write about your rights in loving, grieving, and honoring your baby. That you will speak and affirm this pledge whenever you need.

I Am Healing Despite the Pain



My Pledge of Healing in Loss

You Matter, Your Baby Matters

I hope this resource is beneficial and comforting, aiding you to write and speak strength, courage, and love into your grieving and healing journey. I believe in your ability to make it. For additional resources and encouragement, please connect with me on my website or social media. For now, I close with the following words:

Grief and loss will never defy the bond you have with your little one. I celebrate you today because you are a survivor, having withstood more than anyone can comprehend. You are a beautiful and loving mother with such a caring and vibrant heart. The love you have for your sweet baby will always endure. It cannot truly be measured, nor will it be forgotten.

Keisha Wells is an angel mom to her twin sons, Kyle and Kendrick, and author of *From Three Heartbeats to One: A Gentle Companion Offering Hope in Grieving Pregnancy and Infant Loss*. Keisha is also a licensed professional counselor in private practice. Her practice focuses on counseling for women, including grief counseling and perinatal mental health services. Keisha is an avid reader and writer, contributing to articles in ESSENCE Magazine, The New York Times, Bustle, Parents Magazine, and HuffPost.

