



GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



ACCEPTANCE FOUR: THE REAL CONVERSATION

The relationship between Dora, a 90 year old grandmother and Talya, her young adult granddaughter is tense because Dora has concerns about Talya's future and is worried she is not making good choices. Frequent contact occurs but authentic dialogue and GRAVA flow is low. Dora's desire is to give advice and Talya's desire is to appease her grandmother. Talya believes her grandmother is not likely to change.

Talya would like to feel free of Dora's control and trusted to make own choices in her own time. Talya would like Dora to feel trusting of her choices, yet OK with her own needs and wants. "I wish I could have an honest conversation with my grandmother" said Talya on several occasions.

Talya eventually had her GRAVA conversation with ACCEPTANCE being the bridge to transformation. Here's the essence:

- "Grandmother, I am grateful you are still able to be in my life. I appreciate your love and concern for my happiness and well-being. (Gratitude)
- "I realize how important it is for you to see me settled in a career before you pass and that my pace and choices at this time may be difficult for you to accept." (Recognition)
- "I feel good about my pace and I trust my own process...and know I will find the right path in my own time." (Self-Acknowledgment)

- "I understand your desire to question me because it comes from a place of love and deep concern." (Validation)
- "It's important to me you feel comfortable expressing anything on your mind. I will always listen to understand your perspective." (Acceptance)

After Talya's GRAVA expressions, there was a significant shift in the conversation. For the first time, Dora was able to share her truth: "Sweetheart, Talya, my concern for you is also very personal because I have been sad and disappointed my entire life that I was not able to get an education for myself. I don't want you to have to live with regrets someday like I have."

And the authentic conversations continued!