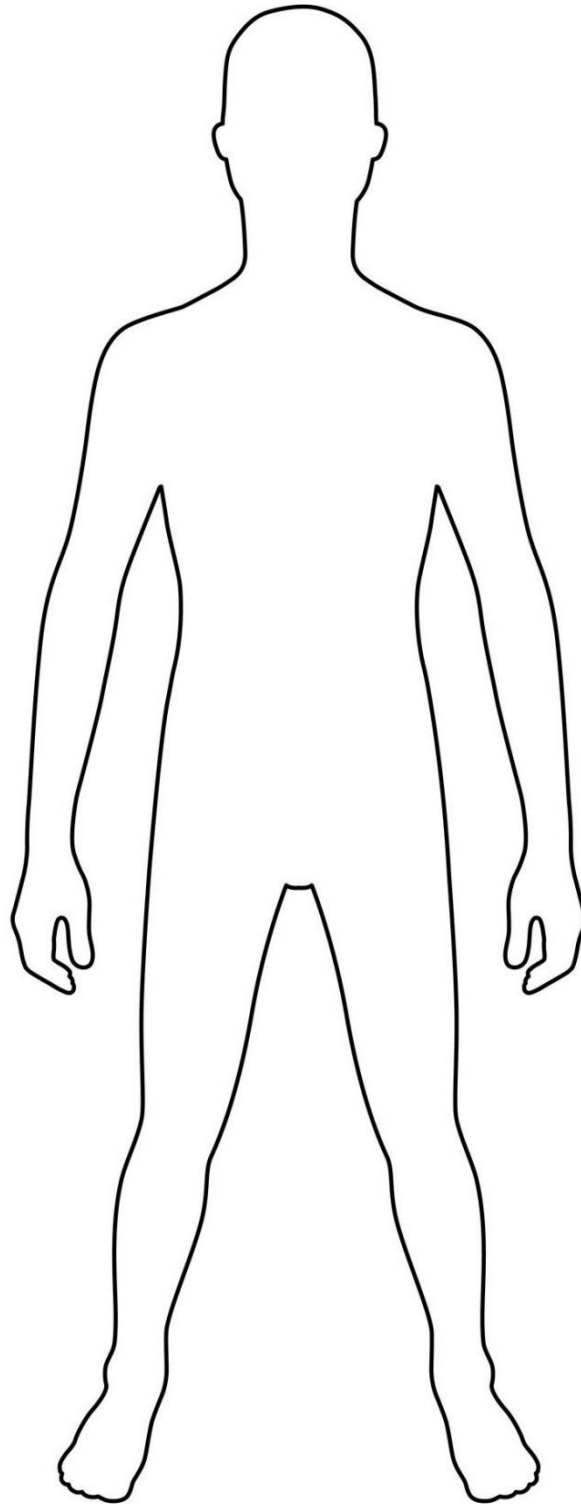




# Where in the Body

Grief is experienced in the body as well as in the mind and heart. In the diagram below, indicate where in your body you experience different grief emotions. For example, worry may be felt in the stomach, anger in the fists, or sadness in the heart.



# Feelings Mask

Sometimes people *mask* or hide their true feelings. On the first mask, draw or write about the feelings you let others see. On the second mask, draw or write about the feelings you keep inside, the ones you do not let others see.





# Question Mountain

Death can leave us with a mountain of questions. Use the space below to write down any questions you may have about death, or questions you want to ask the person who died. Not all questions have answers, but it's still okay to ask.





# Who Will Support Me?

During the grief journey, there will be many people who offer support. Often, the bereaved report that those people in their “inner circle” (family members, close friends) are not always the ones who offer the most helpful support. For this exercise, encourage clients to explore those people outside their inner circle who may be the perfect person to offer needed support.

## Who can help...

- organize my finances
- celebrate my loved one’s birthday with me
- with home repairs
- in an emergency
- go through my loved one’s things
- volunteer with me or support a cause in my loved one’s honor
- prepare for holidays or special events

## Who is the most likely to...

- make me laugh
- let me sleep on their couch
- talk with me about the person who died
- not pass judgement
- take a day or weekend trip with me
- tell me the truth
- answer the phone in the middle of the night
- exercise with me
- still be supportive a year from now

## Who is the...

- most understanding
- best listener
- most rational
- best advice-giver
- most motivating/inspirational



# Who You Gonna Call?

When someone you love dies, it can make you have a lot of different feelings. Sometimes we need help with our feelings. Think about some people who can help you talk about your experience and put their name next to each question.

Who you gonna call if.....

You are sad about your person who died?

You are angry at a friend?

You have a scary dream?

You want someone to play with?

You need a hug?

You are feeling lonely?

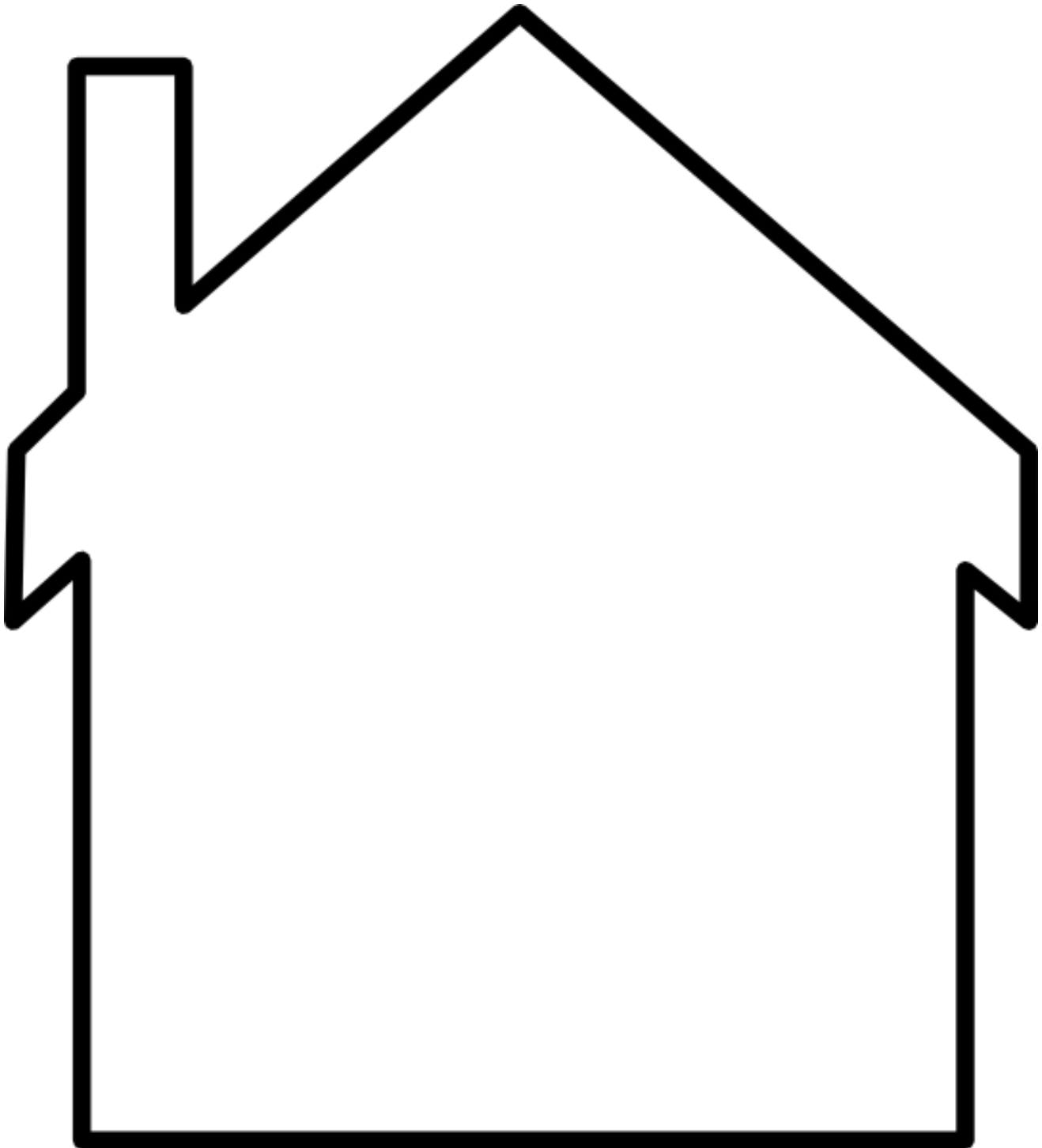
You are worried about someone in your family?

You want to talk about happy times you shared with the person who died?



# My House of Feelings

People living in the same house can have very different feelings. In the image below, first draw or write about the feelings you have had lately. Then think of the other people living in your house and draw or write about the feelings you think they may be having.





# Past, Present, Future

In the spaces below, draw or write about what your life looked like in the past (the way it was), what it looks like now (the way it is), and what you hope it might look like in the future (the way you want it to be).

Past

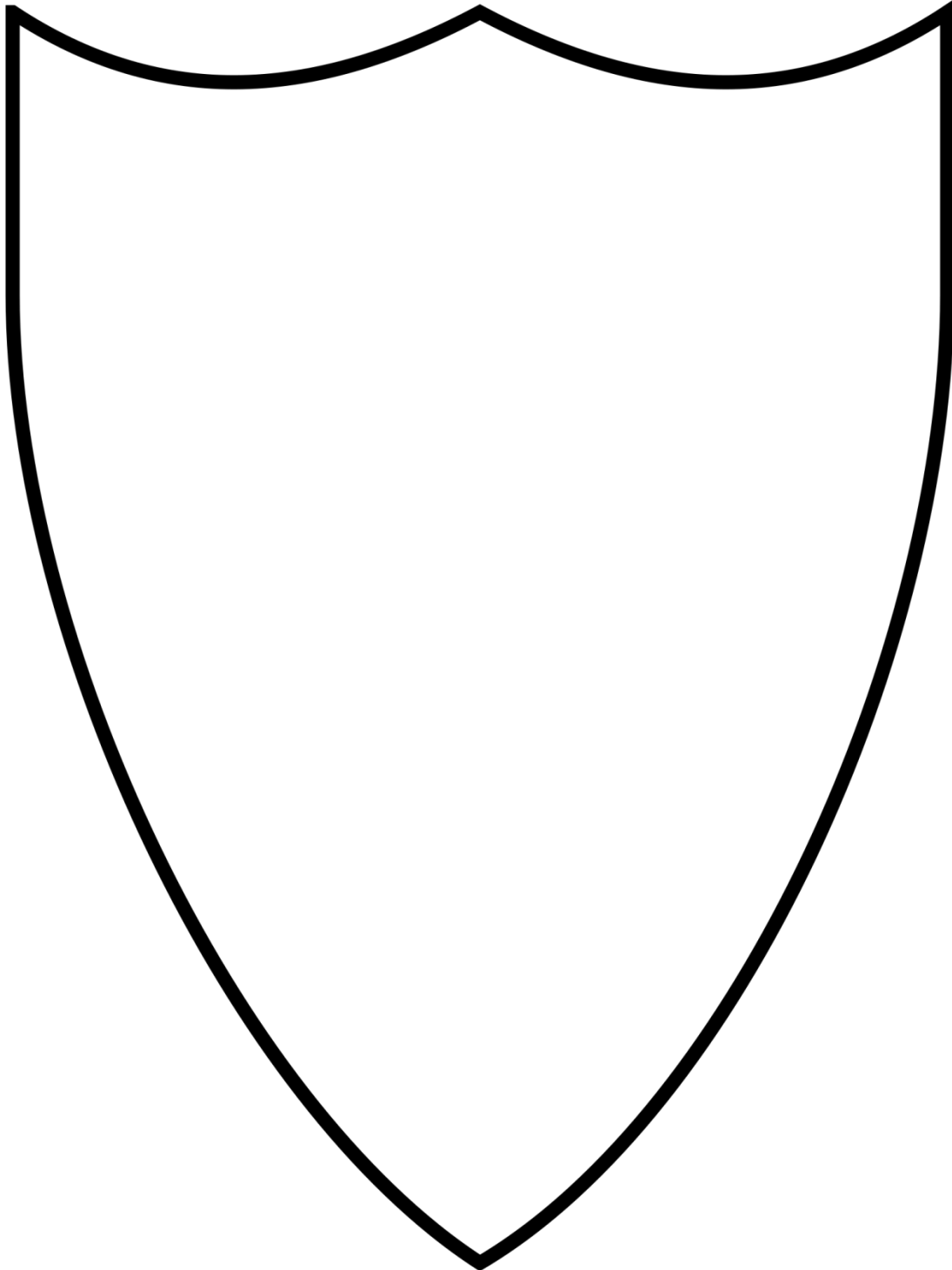
Present

Future



# Shield of Support

In the shield below, draw or write about people, places, or activities that have been supportive to you.







# Helpful, Not Helpful

In the spaces below, draw or write about what people have said or done that was *helpful* and *not helpful* to you along your grief journey.

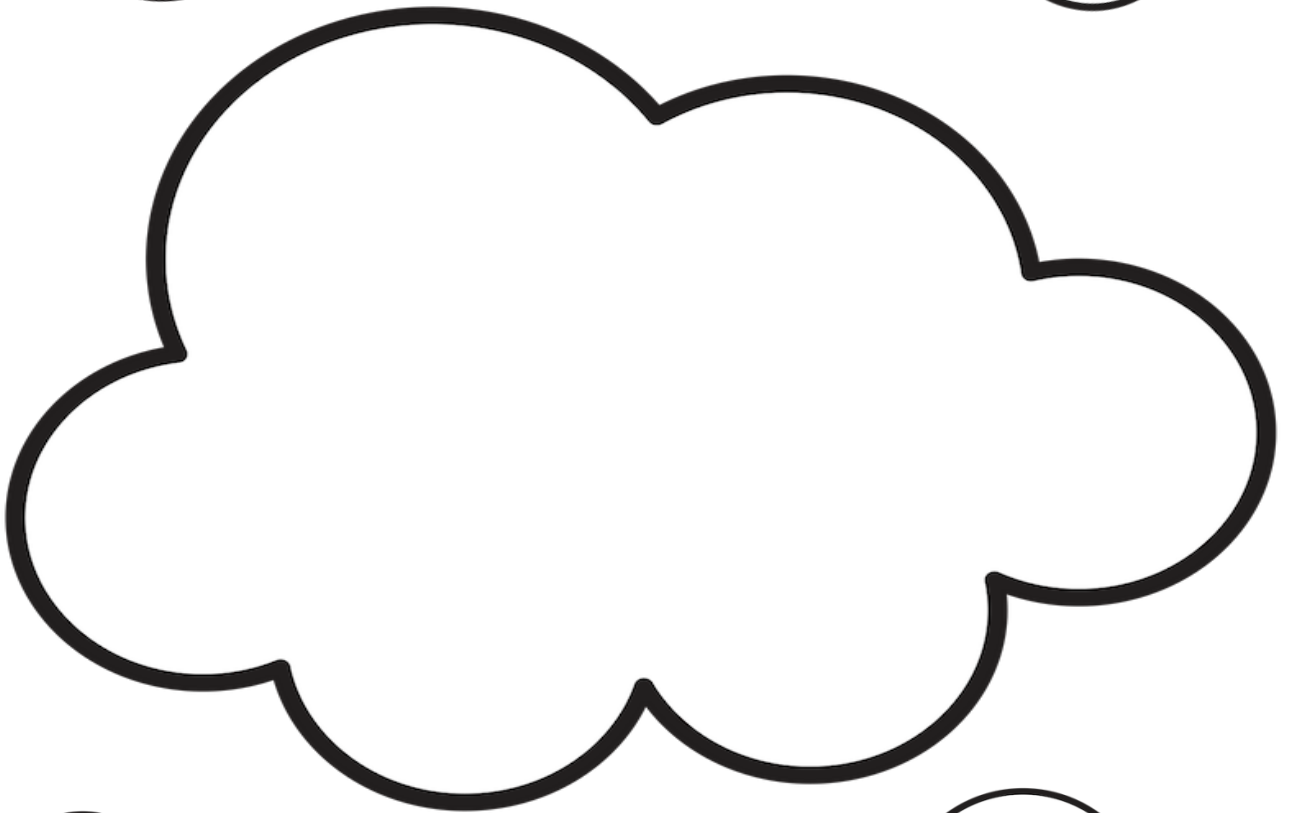
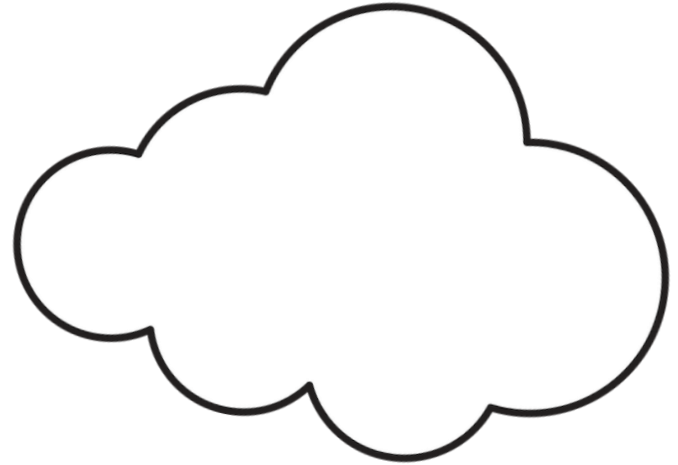
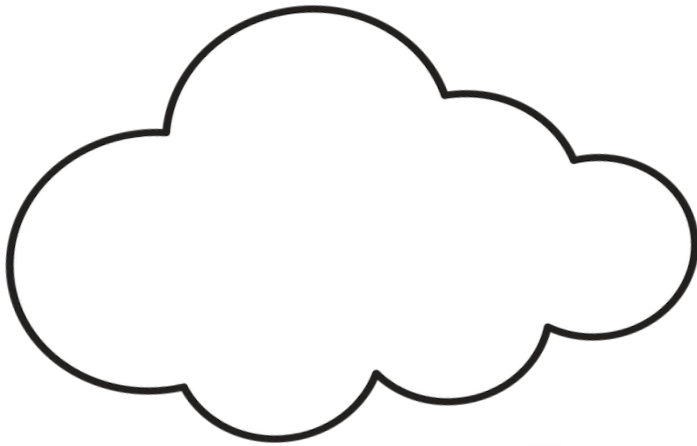
Helpful

Not Helpful



# Worry Clouds

Everyone has worries. Some worries are big, and some worries are little. In the clouds below, draw or write down your worries. If you want, you can add colors to your worry clouds.





# Tree of Thanks

Expressing gratitude can be a helpful component along your grief journey. Add leaves to the tree trunk below with words or pictures to tell what you are grateful for in your life.

