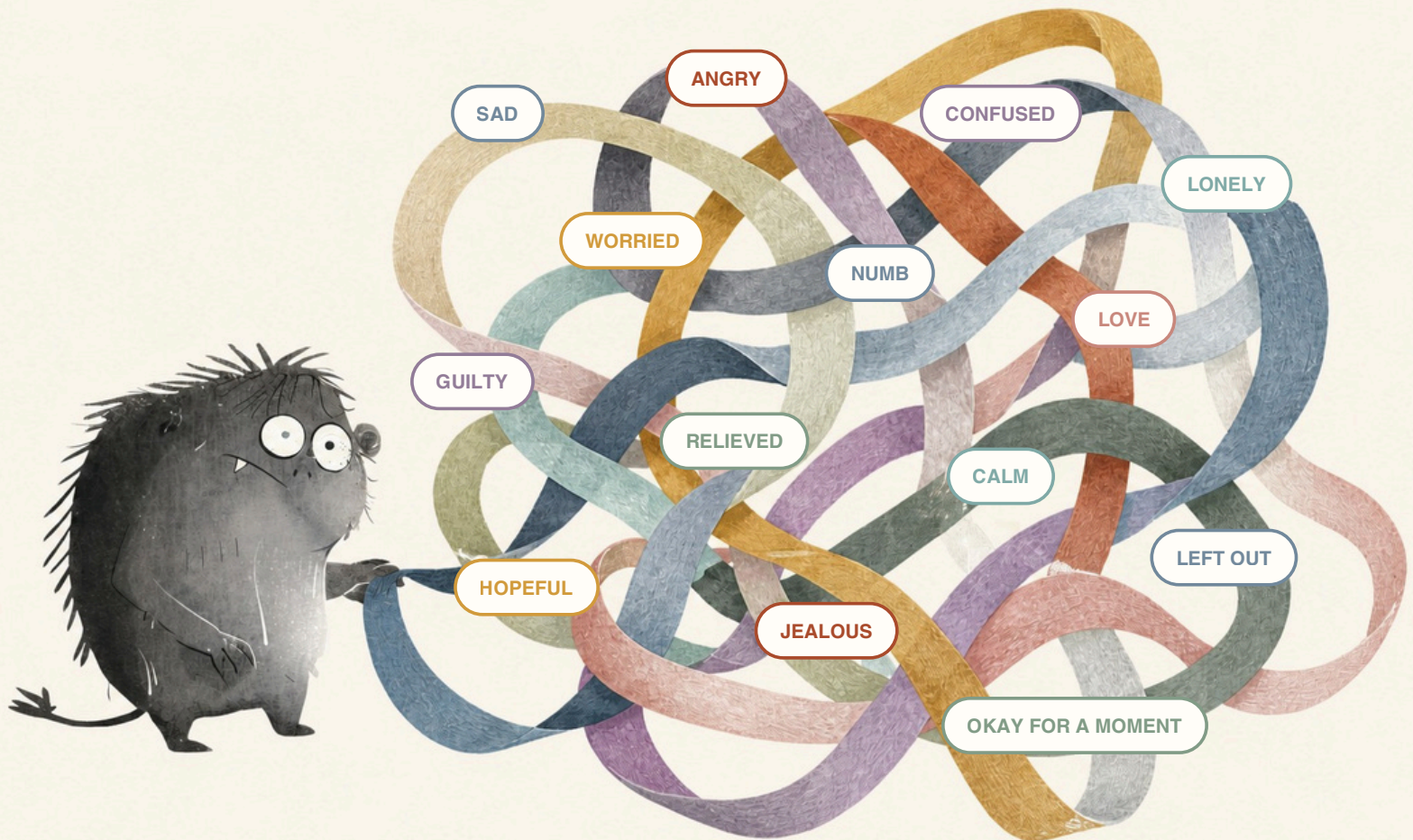


THE FEELINGS TANGLE

Grief can hold more than one feeling at a time.

A feeling can be loud, quiet, familiar, surprising, or hard to name. More than one can be true.



WHAT IS PRESENT FOR ME TODAY?

A feeling I notice:

Another feeling that may be here:

It feels:

☐

quiet

☐

loud

☐

heavy

☐

jumpy

☐

far away

☐

hard to name

What might help right now?

☐

talking

☐

quiet

☐

movement

☐

company

☐

not sure

NOTHING HAS TO BE UNTANGLED TODAY.