

## Exploring My Grief

### The objective

To look into your grief, to be gentle with yourself and allow yourself to feel sorrow, anger or nothing at all. See what can help you at this moment of your grief.

### Pause

Close your eyes. Take a deep breath in and out and just be with yourself. See what your body, heart and mind are telling you.

### Expanding

When you feel you are ready you can start. Choose 5 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and text on each card.

### Focus and action

Write down your main insights. Also write down three actions that will support you at this moment-one each for today, for next week and for the upcoming month.

### [ 1 ] How do I feel with my grief at this moment?

My card:

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### [ 2 ] What is stopping me from expressing it?

My card:

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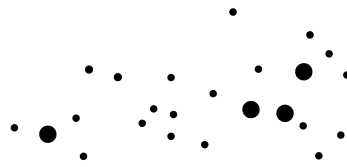
### [ 3 ] What am I denying in this situation?

My card:

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**[ 4 ] Where can I find support?**

My card:

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**[ 5 ] What is my heart telling me?**

My card:

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