



EXERCISE

• HOW DO YOU SEE YOUR GRIEF? •

Today you will use your creative talents to draw what your heart carries inside. You only need to be guided by your feelings. There is no need for talent (if you have it, this is your opportunity to use it!). You only want to have a graphic representation of your emotions; think about when you were a kid and liked to draw or color. This is your opportunity to express what you have inside.

In this box, draw a picture of your grief.

A large, empty rectangular box with a thin black border, intended for drawing a picture of grief.

Here, draw the emotion you would like to experience more often.

A large, empty rectangular box with a thin black border, intended for drawing an emotion.

EXERCISE

• **SEASONS OF GRIEVING** •

When we experience grief, we experience many moods that can resemble the seasons of life. If you like, draw the seasons you are experiencing on a separate piece of paper.

Spring brings a sense of renewal. I feel like this when . . .

Summer is a time when I feel the warm breeze. I feel like this when . . .

Fall is the time when leaves change their color. I feel like this when . . .

Winter is the time I feel the coldest in my heart. I feel like this when . . .

Today I feel _____ because _____.

What is the most prevalent season now? _____

What is my favorite season? _____

