

Exploring Your Aftermath

Think of a time you experienced “a big thing,” and the weeks, months, and years after. How did your grief show up during that time? How does it show up now?

What does your grief sound like? Is it loud, quiet, does it sing or scream?

Is your grief human? Is it animal? Is it something else entirely?

Where does your grief sit when you are... ..joyful, ...working, ...running errands?

What does your grief *look* like? Is it big, small, shiny, dull, dressed up, dressed down?

What are other visual or physical characteristics of your grief?

Where in your life or your day does it hangout most?

How does your grief let you know what it needs?

Now, using the above brainstorm, characterize and describe your grief.

Reading back what you wrote, quickly brainstorm what your grief is asking of you? How can you show it care, what does it need you to tend to? What does it need you to witness and let flow?

Six Word Story

Tell you and your grief's shared story in six words.

Example:

- 1. Look at me, no wait, don't.***
- 2. Leaning in, no control, stuck together.***