



EXPLORING RENEGADE GRIEF

* NAMING THE FRICTION

One way the cultural “rules” about grief don’t work for me is that they expect me to:

* NAMING THE LONGING

Something I am longing for in my grief right now is:

* NAMING THE REALITY

I can’t control:

* NAMING THE AGENCY

But one small way I could create more of what I need, for myself or for others, is by:

* NAMING THE EDGE

There’s a way I’ve been hesitating to show up (for myself, for someone else, for my grief) by:

* NAMING THE RENEGADE MOVE

If I gave myself permission to do grief my way, one renegade step I might try is:

