

Process Your Stages Of Grief

Contrary to popular belief, the stages of grief don't come one-at-a-time, in a predictable order. Part of why grief feels so messy, is that we experience many of its conflicting stages at once.

To feel less overwhelmed by the flood of emotions, acknowledge each feeling on its own.

My feelings about grief in general:

What I feel angry and resentful about:

What I regret or wish weren't true:

What I hope for:

What I appreciate and accept:

Then, notice how these separate feelings may interact. Is there any commonality between the different parts of your grief? That commonality may help you find ways to take action and honor your grief.

How I can honor my grief: