

**Soul at Heart: Grief Support Worksheet: 2**

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*“Grief is the last act of love we can give to those we loved. Where there is deep grief, there was great love.”: – Anonymous*

What does grief feel like in your body?

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What emotions have you felt lately (anger, guilt, sadness, relief)?

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What activities have become painful since your loss?

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Can you imagine a way to change your perspective so the painful activities transform into opportunities to honor the person you are grieving?

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How can you show yourself kindness and compassion today?

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Take some time for mindfulness now. Color the mandala in the favorite colors of the loved one lost, or in the colors in which your grief appears and know, in its time, healing will come.”

*“Grief is like the ocean; It comes in waves; ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.”: – Vicki*

