



3 Different Ways to Use This Image in Your Grief Process...

1: Honour your experience

Start by rotating the image to find the orientation that feels right for you. Then in any of the white spaces contained within the image, or in the white space around the image write words that describe your feelings/emotions at this time. Numb, angry, regret, sadness, relief, sorrow, loneliness, guilty, torn, hurt, fear, anxiety, fragile, curiosity, happiness, relief, inspired, grateful, trusting, loving, hopeful? Any or all of them? Acknowledge wherever you are at on your grief journey – whatever words reflect your experience. There is power in acknowledging your feelings. Consider emotions as energy in motion → e-motion. It is healthy to move the emotions, rather than keep them inside. When you acknowledge your emotions, you are helping to move them. Once you have captured the words that acknowledge your present experience, you also have the option to colour the image (crayons, markers, pencil crayons, water colours...) in any way you choose.

2: Honour who or what was lost that mattered

Grief is what happens when you lose someone or something that matters to you. Honour who or what was lost that mattered. This activity is about remembering. Here too you are invited to first rotate the image and then write words in any of the white spaces contained within the image, or in the white space around the image - a name, a favourite place, and characteristics – whatever words describe who or what was lost, and then colour the image. There is no minimum or maximum requirement on the number of words to incorporate. If you want no words, but rather to hold your loss in mind and colour the image, give yourself permission to do it that way. If you want to write the words as part of remembering and then colour, do it that way instead. Remembering is part of how we find and keep connection. Connection is a healthy part of grieving.

3: Honour your way

This is your journey. These are your feelings. Your memories. There is no 'right way' to do grief – there is simply your way. The invitation is to use this image in any way that is calling to you in this moment on your grief journey.

If you need another copy or want to share it with a friend in need, this image is available on my website – downloads page. You'll find other resources on grief and loss there as well. I would like to thank my friend Mary Kritz for creating the image and gifting it to me.

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Acknowledging pain and loss. Igniting hope and possibility.

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