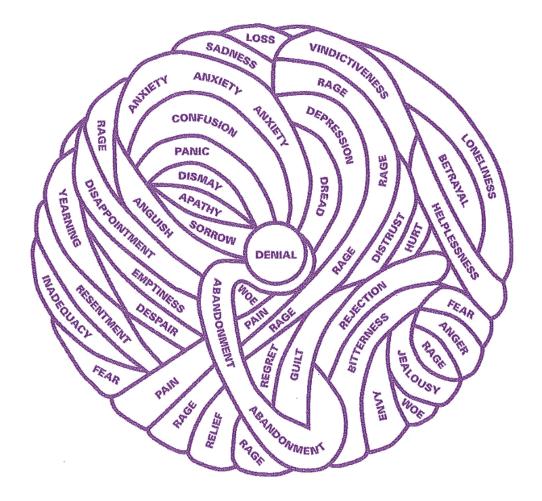


## Tangled ball of grief

Please write your name here: .....

When a special person dies, there are many emotions that can form part of your grief and loss. These emotions can feel 'tangled' and 'intertwined'.



This diagram helps us understand the complexity of emotions we could experience.

Knowing that they 'can' be part of the process is very beneficial. It helps us understand that what we are experiencing is normal as we try and come to terms with our loss. Most people will experience some, if not all of the emotions within the diagram.

If you can relate to any of them, you can colour or shade over the ones that stand out.