



Exercise: Getting in Touch with Parts of Grief





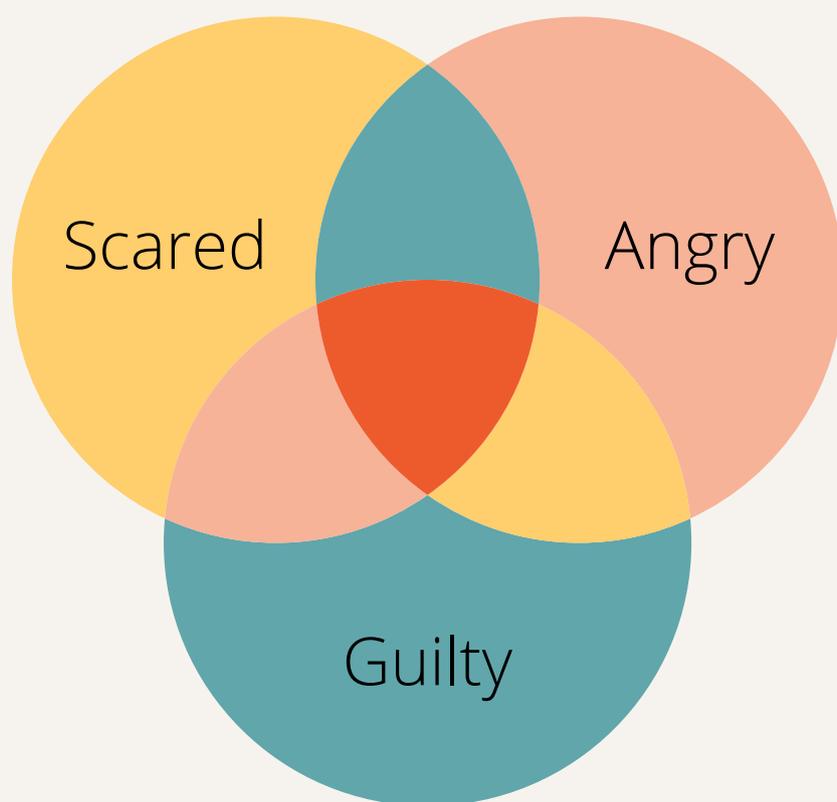
It is normal to struggle with different emotions when you are grieving: one minute you might feel angry and outraged, and the next minute ridden with guilt and regret.

One way of working with your emotions is to imagine each emotion as one part of yourself.

For example, there is one part of you that feels angry that your loved one has gone, another part that is sad, and perhaps another part of you that is scared.



Sometimes our emotions conflict with each other. For example, your angry part might be angry with the part of you that feels scared. Or the part of you that feels guilty might get in the way of the part of you that accepts what has happened.



Here is an exercise to help you to work with these conflicts. In your own time, work through the steps below:

1

First, name the different emotional parts of you. These might include the 'angry part', 'scared part', 'depressed or sad part', 'guilty part', 'accepting part', 'relief part', 'in denial part' or any other parts you are aware of.

Remember that no emotion is wrong, and that it's okay to acknowledge how you feel.



2

Now bring each emotional part to mind one at a time and ask yourself some questions:

- What does this part of you think about your loss?
- Where in your body is that feeling strongest?
- What does this part want to do?

3

Finally bring to mind a wise and compassionate part of you. This is the part of you that always has your best interests at heart, and which cares for you deeply. Imagine this part listening to all the other parts of you:

- What does this part of you want to say to the other parts?
- How can this part of you help the other parts to heal?
- What does this part of you want for you?

Whatever the cause of your grief, though, there are healthy ways to cope with the pain that, in time, can ease your sadness and help you come to terms with your loss, find new meaning, and eventually move on with your life.

Remember to be kind and patient with yourself as you go through this journey.

