

## Appendix C: Suggested Activities for Grief Work

### Journaling

Writing is a way for you to vent and release any internal tensions to a fully accepting “friend.” Your journal does not talk back to you, interrupt you, or jump in with “solutions”; rather, it listens quietly and allows you to express your innermost thoughts and feelings. If you choose to journal as part of your grief work, find a blank notebook and begin writing freely about anything related to your grief. You might like to start by writing about the person (or situation) you lost, what you miss about them, what life is like for you without them, how you are coping (or not coping), and whether you feel angry or lonely or lost. Alternatively, you might like to write to the person you have lost (e.g., “What I miss the most about you and our relationship is...”). Write about whatever feels right or important to you at the time. What you journal about today could be completely different from what you write tomorrow. Allow your writing to take whatever tone is true for you at the time. Remember, this journal is for you only. No one else will read it, so allow yourself to write freely and honestly.

### The Life Review

Create a scrapbook to encapsulate the life you shared with the person (or situation) you lost. This scrapbook is a way for you to consolidate and remember this important chapter of your life. Start by sorting through old photo albums, news clippings, or travel souvenirs. Your scrapbook could include stories told by old friends or family members, drawings of your loved one, and photos of him/her or of the two of you happy together.

### Dialoguing with the Deceased

This activity involves sitting down facing an empty chair and imagining your loved one sitting there in his/her usual posture, typical clothing, and so on. (If you are having trouble creating a clear vision of your loved one, place a photo of him/her on the chair). Then, share out loud whatever comes to mind--whatever you would like to say to your loved one. If you have a tough time getting started, try any of the following prompts:

- *What I miss most about you is...*
- *I have never been able to say goodbye to you...*
- *I still feel angry at you because...*
- *I miss the way you...*
- *I wish...*
- *I appreciated the way you...*
- *Since you've been gone, I have felt...*



## Drawing

Draw a picture of your grief. You can draw whatever you like, whatever feels right for you today. Your drawing may take the form of a self-portrait that shows where you think you are at right now or of a portrait of the person you lost, of a picture showing how you see yourself in relation to your loss, or of how your relationships have changed since the loss. Your drawing may also take the form of something entirely different. You may use any materials that you like to complete your drawing. For more information about how to draw your grief, please check out the [Drawing Grief tool](#).