

Waves, High Tide & Tsunamis

Emotional intensity is variable in grief... Attempt to label each intensity with an emotion on the arrow. Identify how you experience each feeling meaning how do you think and behave with each level, what may bring forth that feeling and what may help.

Tsunami What are you feeling?

Whirlpool

High Tide

Waves

Smooth Sailing Content

| How do you experience it? | What happened ? Your Activator | What helps ? Coping Strategy |
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Whirlpool



High Tide



Waves



Smooth Sailing



Examples of Increase in Emotional Intensity

These are generalities, though it's a place to get you started.

A great way to approach this is to **identify your most content emotion** for the "Smooth Sailing."

Identify your most intense emotion or response for the "Tsunami."

Then think about what happens during the **in-between** or of variations that you notice within you.

Increase in Anxiety

Increase in Anger

Increase in Sadness

Panic

Rage

Hopeless

Fear

Anger

Depressed

Anxiety

Frustration

Apathy
Indifference

Worry/Concern

Irritation

Sadness

Content

Content

Content