

Identify Feelings

Emotions are not good or bad... they just are. Some are simple - meaning we experience them as we are younger such as Mad, Sad, and Glad... Others are more complex - meaning they emerge as we experience more life experiences and comprise of two or more emotions. GRIEF is a complex emotion. In grief, we can feel within the entire spectrum of emotions from those tough emotions to the feel good feelings. **Identify the emotions that create your unique experience of grief.**

Sadness	Disappointment	Frustration	Fear
Anxiety	Worry	Depression	Disconnected
Distrust	Alone	Guilt	Vulnerable
Envy	Rejected	Excluded	Angry
Insecure	Misunderstood	Confused	Panic
Distracted	Stressed	Cautious	Skeptical
Exhausted	Indifferent	Risky	Unforgiving

Curious	Hopeful	Loving	Supported
Self Aware	Encouraged	Optimistic	Organized
Secure	Creative	Trusting	Confident
Healthy	Joyful	Content	Positive
Enlightened	Enthusiastic	Focused	Calm
Peaceful	Safe	Forgiving	Understood
Pleased	Interested	Energetic	Decisive

This is not an all encompassing list... ADD other feelings and emotions you experience in this grief.