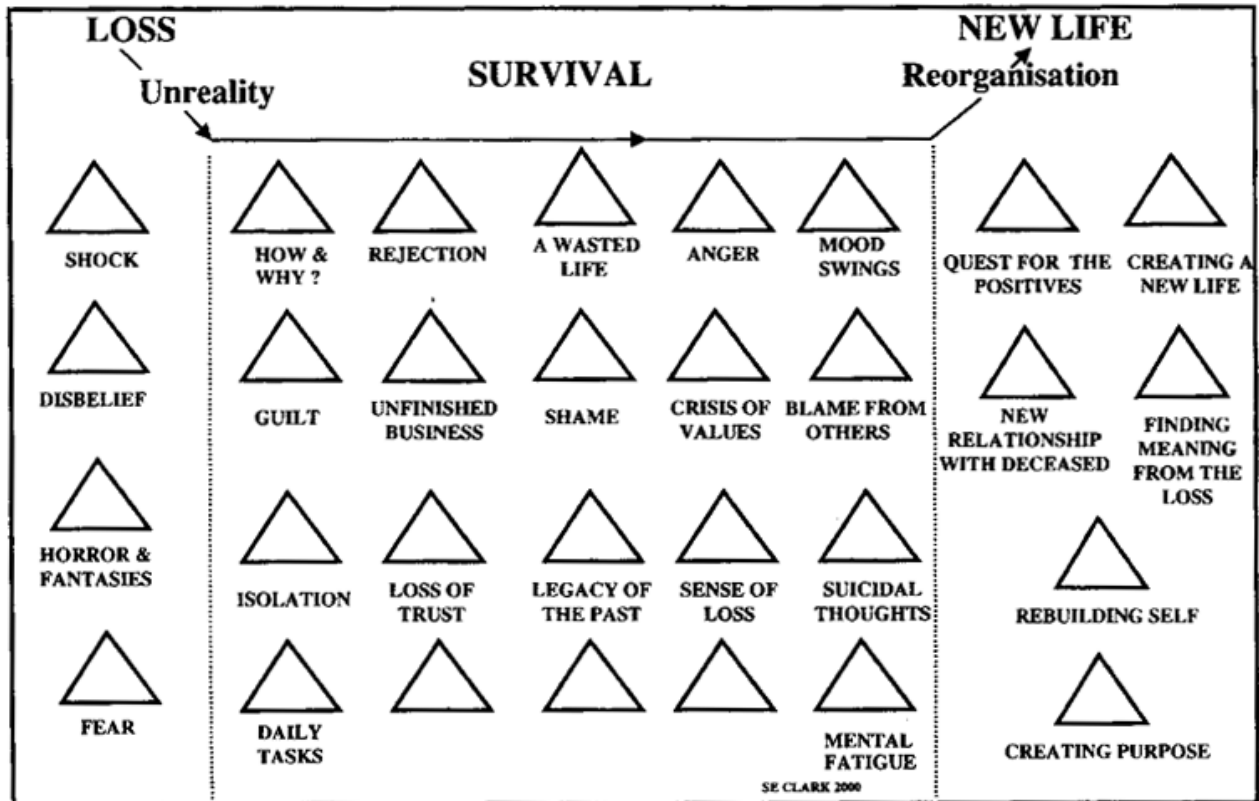


GRIEF MAP



- As you consider your experience with grief, circle the areas or feelings that have impacted you. Use the blank triangles to label anything not on the list.
- Fill in each triangle you circled to the level you believe you have dealt with it.
- Small triangles may not accurately represent the impact of these on your life. Draw triangles that more accurately depict the areas that you feel will take considerable work to overcome.
- Chart your progress in the areas as you work through your own grieving process.