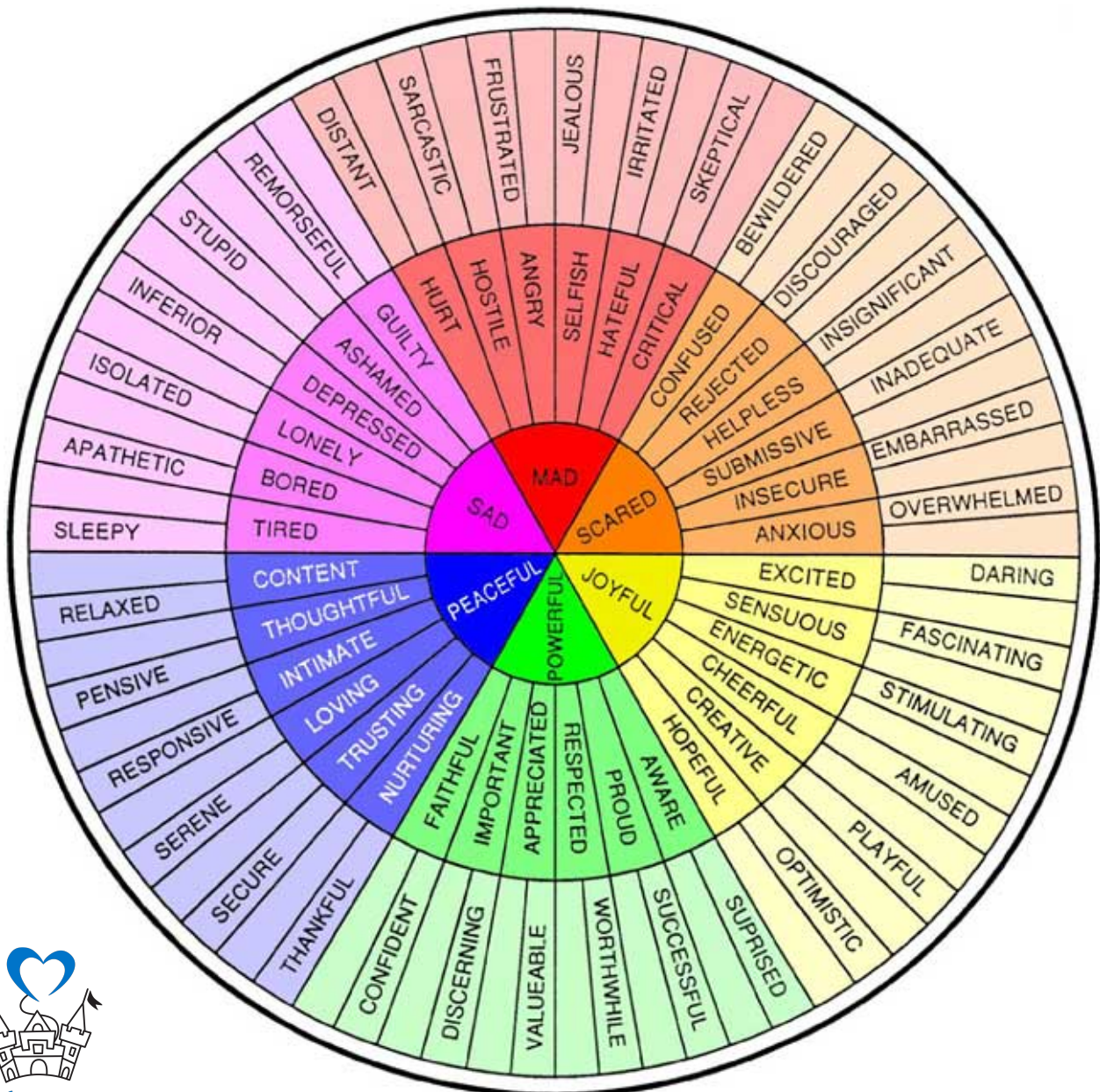


## My Feelings Pie

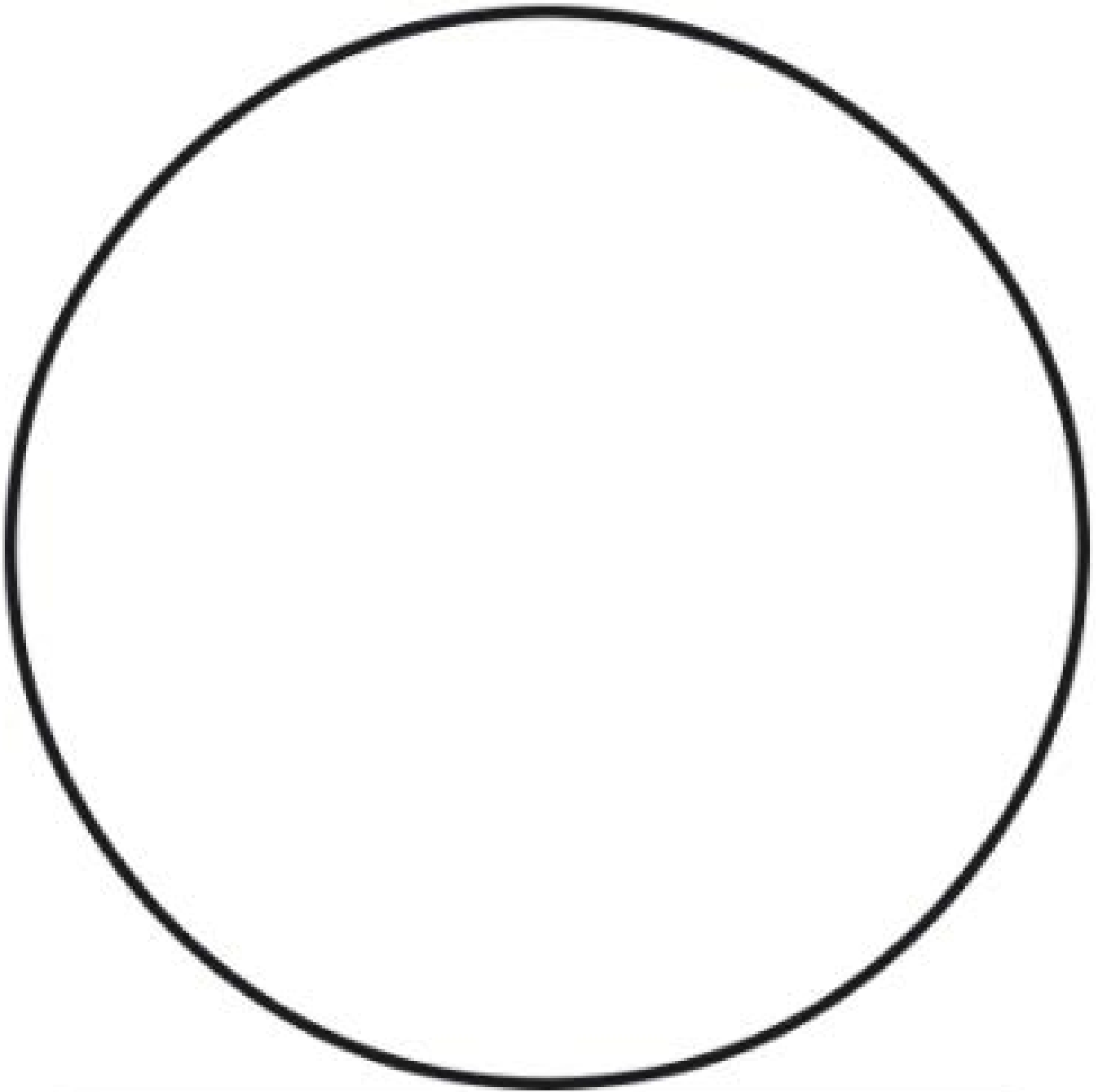
It's normal to feel many different feelings in our grief journey. Take a moment to think of each of the feelings you've felt since your special person died. Has each feeling happened often? Have some not happened much at all? While thinking of the feelings, assign a color to each. You are then going to construct a "pie" chart using those feelings as your guide.

Make each feeling a piece of the pie - making feelings you feel a lot in your grief journey the bigger slices and the feelings you don't feel as often smaller. Remember that **all feelings in grief are normal and OK**, it is what we choose to do with those feelings that matters.

When you're finished, take a look at your feelings pie and reflect on each part of your grief journey.



My Feelings Pie



*Feeling/Color Key*