



The 5 Powers of Grief

— Discernment and Journaling Prompts —

The following questions may serve as a process for turning your grief into growth. These may open you to additional insights which allow you to shift from the heavy to a neutral stance...and possibly all the way to the power that is available within grief.

Surveying the Landscape of your Grief

With the recognition that grief is present in many moments (not just when a loved one dies) take some time to write a list of the losses or experiences of grief in your life.

1

The Interruption

From the list above, choose one interruption from your life to focus on for this exercise (i.e.: death of loved one, divorce, loss of job, becoming an empty nester, retirement). Write it here:

2

Flow of Feelings

What were some of the feelings you had at the time of this Interruption?



Flow of Feelings (con't)

As you revisit this Interruption, what do you notice in your body now? (i.e.: tight chest, jaw clenched, shoulders pinched)

What feelings surface now?

How have you or another witnessed your grief?

3

Holding

What were you most afraid of losing? (i.e.: the perception of having it all together, loss of power or control, not feeling successful or organized)

What felt the hardest to let go of, release, or surrender?



Holding (con't)

What did you notice when you finally let go of that?

4 Breaking

What was the moment/s you turned in, reflected and noticed yourself and felt still, present and aware **and/or** the moment/s you turned out, asked for and accepted help in order to feel seen, heard, and loved?

What allowed you to break your hold?

5 Re-Membering

How have you grown?

What have you stopped?



Re-Membering (con't)

What have you started?

What one surprising or perhaps delightful way are you different from before The Interruption?



Deep Exploration Questions

What would you say to Grief?

What would Grief say to you?