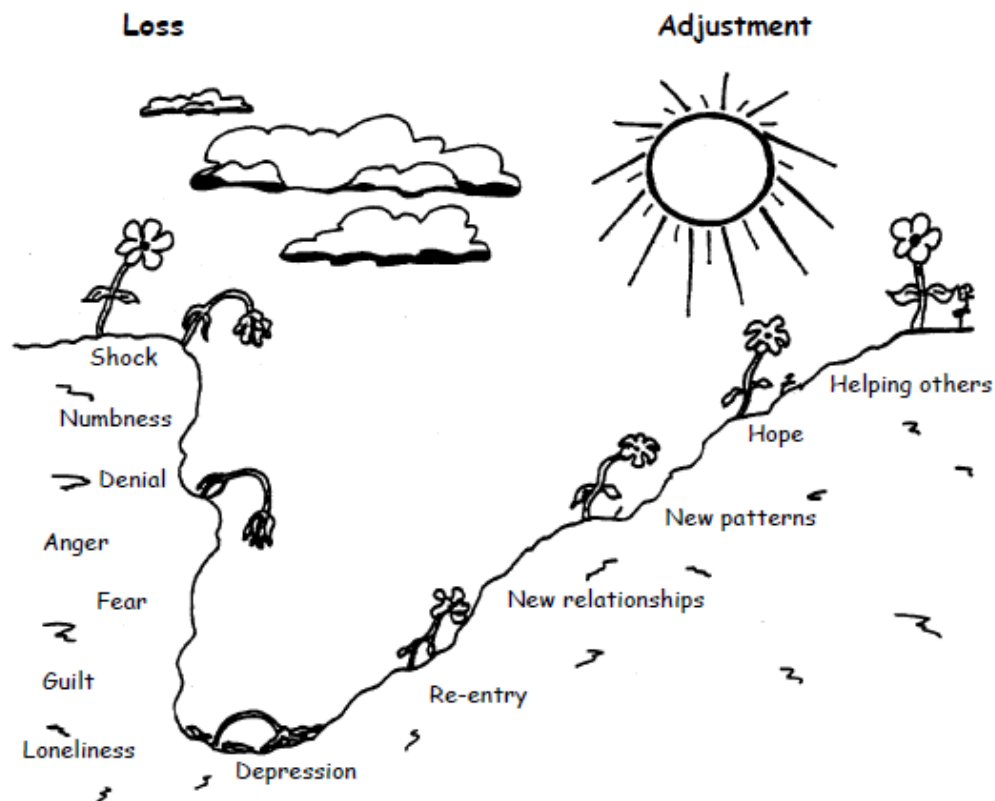


Grief Chart

Before we are able to recover from the pain of grief, we go through many different emotions and reactions in order to come to terms with our loss. These reactions can come in any order and any number of times.

- ~~Cross out~~ experiences you remember already having had.
- Underline experiences you're currently having.
- Place a (?) beside experiences you haven't had.



This handout is from **Family Information Services** 2003 Professional Resource Materials. It is part of a *Focus Issue* written by Paulette K. Walker, LSW and Michelle L. Shaffer, LCSW, Indianapolis, IN, adapted from their program, *Growing Through Loss*. Reprint permission granted exclusively to members of **Family Information Services**.