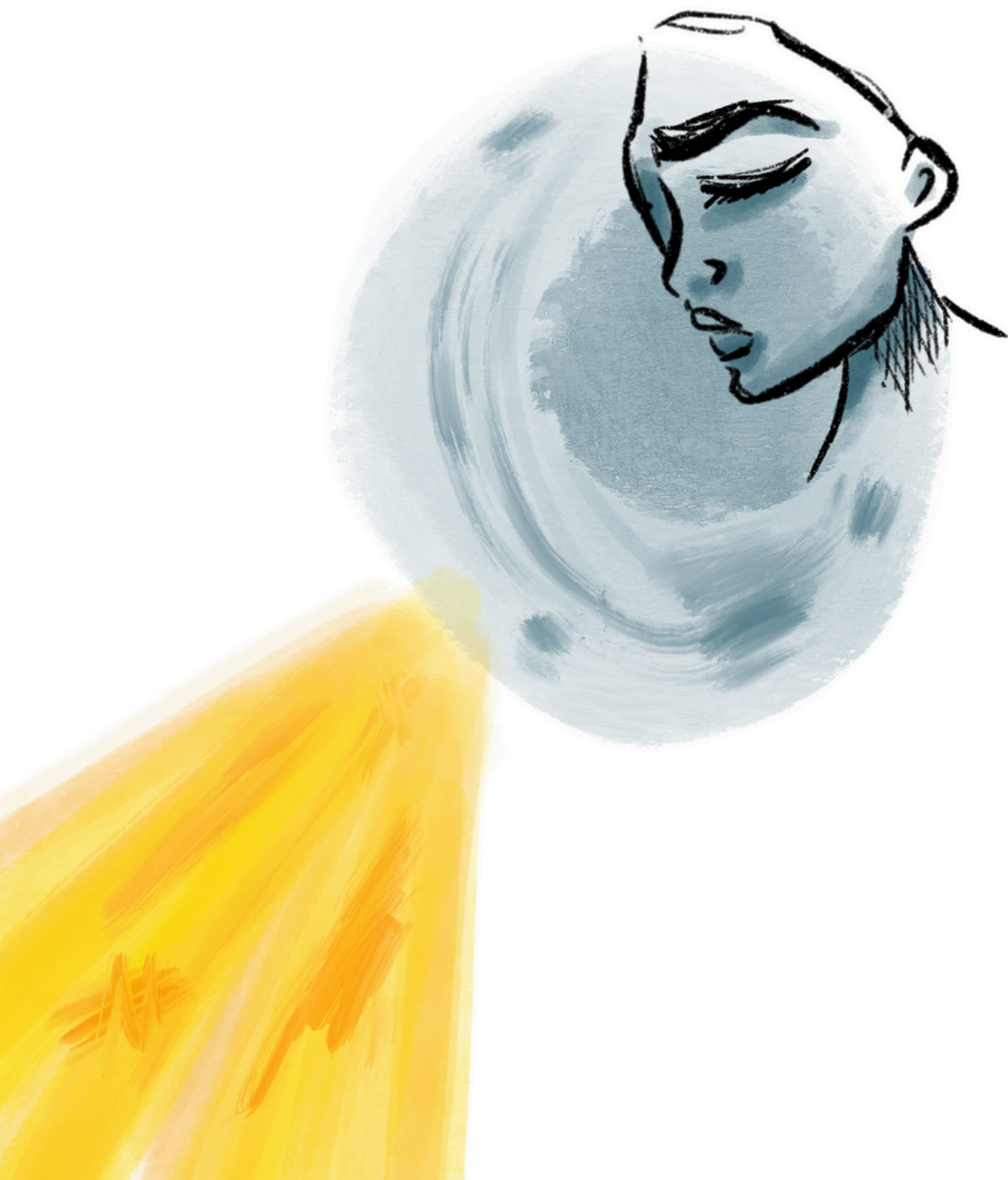




WHY DOES THEIR  
WORLD KEEP MOVING,  
WHILE MINE HAS  
STOPPED?

I WISH I COULD  
FEEL THE LIGHT  
THEY FEEL



WHAT IF IT'S POSSIBLE  
TO FEEL THIS ...  
LIGHT AS THEY DO?



I MAY NOT HAVE WHAT  
THEY DO, AND I'M LEARNING  
TO REMEMBER WHAT I DO  
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## ENVY

Rooted in comparison and  
centers on a desire to have  
what others have

# REFLECTION

**What triggers feelings of envy for you, particularly during times of grief? How does it impact your view of yourself or others?**

**How do you think envy reflects unmet needs or desires? What could this emotion be teaching you about what you value?**

**In what ways can you begin to shift from envy toward gratitude or acceptance, even if only in small ways?**

**What role does comparison play in your grief? How might letting go of comparisons change your healing journey?**

감정

# FLUID FEELINGS

Painting Grief's Palette

**Danbee Kim**

