



HOW COULD THIS HAPPEN?
I DON'T DESERVE THIS!



WHY AM I THE
ONE LEFT TO CARRY
THIS PAIN?!

IT'S BURNING ME
UP INSIDE





MY ANGER SPEAKS OF
THE LOVE AND HURT THAT
STILL LINGER - AS I LET GO,
I MAKE ROOM FOR HEALING,
ALLOWING NEW PEACE TO
TAKE ROOT IN MY HEART.



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ANGER

Rooted in pain & frustration, it can emerge
as a reaction to feeling hurt & wronged.

REFLECTION

**What are the underlying reasons for your anger in grief?
How does this emotion help or hinder your healing
process?**

**How can anger be an expression of love, hurt, or unmet
needs? What does it reveal about your pain?**

**What constructive outlets can help you process anger
without suppressing it? How might expressing it in a
healthy way bring relief?**

**How might you begin to transform your anger into
something productive or healing, even if it's just one
step at a time?**

감정

FLUID FEELINGS

Painting Grief's Palette

Danbee Kim

