



HOW CAN YOU LEAVE  
ME LIKE THIS?



YOU LEFT ME WITH SO  
MUCH PAIN — FOR WHAT?

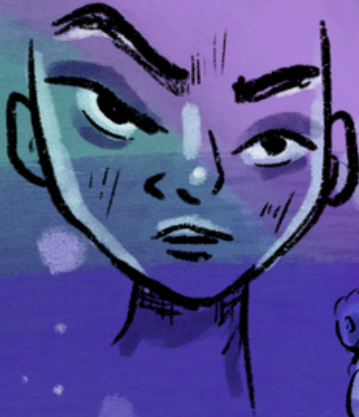
I CAN'T BEAR THIS  
WEIGHT MUCH LONGER



MAYBE—LITTLE BY LITTLE,  
I CAN BEGIN TO RELEASE  
IT AND OPEN MYSELF TO  
SOMETHING LIGHTER



HOW CAN YOU LEAVE  
ME LIKE THIS?



YOU LEFT ME WITH SO  
MUCH PAIN—FOR WHAT?



I CAN'T BEAR THIS  
WEIGHT MUCH LONGER



MAYBE—LITTLE BY LITTLE,  
I CAN BEGIN TO RELEASE  
IT AND OPEN MYSELF TO  
SOMETHING LIGHTER

## RESENTMENT

Rooted in anger & bitterness, it  
arises from feeling betrayed,  
disappointed, or let down

# REFLECTION

**What past hurts or perceived wrongs contribute to feelings of resentment in your grief? How do they shape your daily emotions?**

**How might holding onto these feelings affect your ability to heal or connect with others?**

**What small steps could you take toward releasing the weight of resentment, even if full forgiveness doesn't feel possible yet?**

**What would it look like to release resentment for your own well-being, rather than for others' actions or approval?**

감정

# FLUID FEELINGS

Painting Grief's Palette

**Danbee Kim**

