

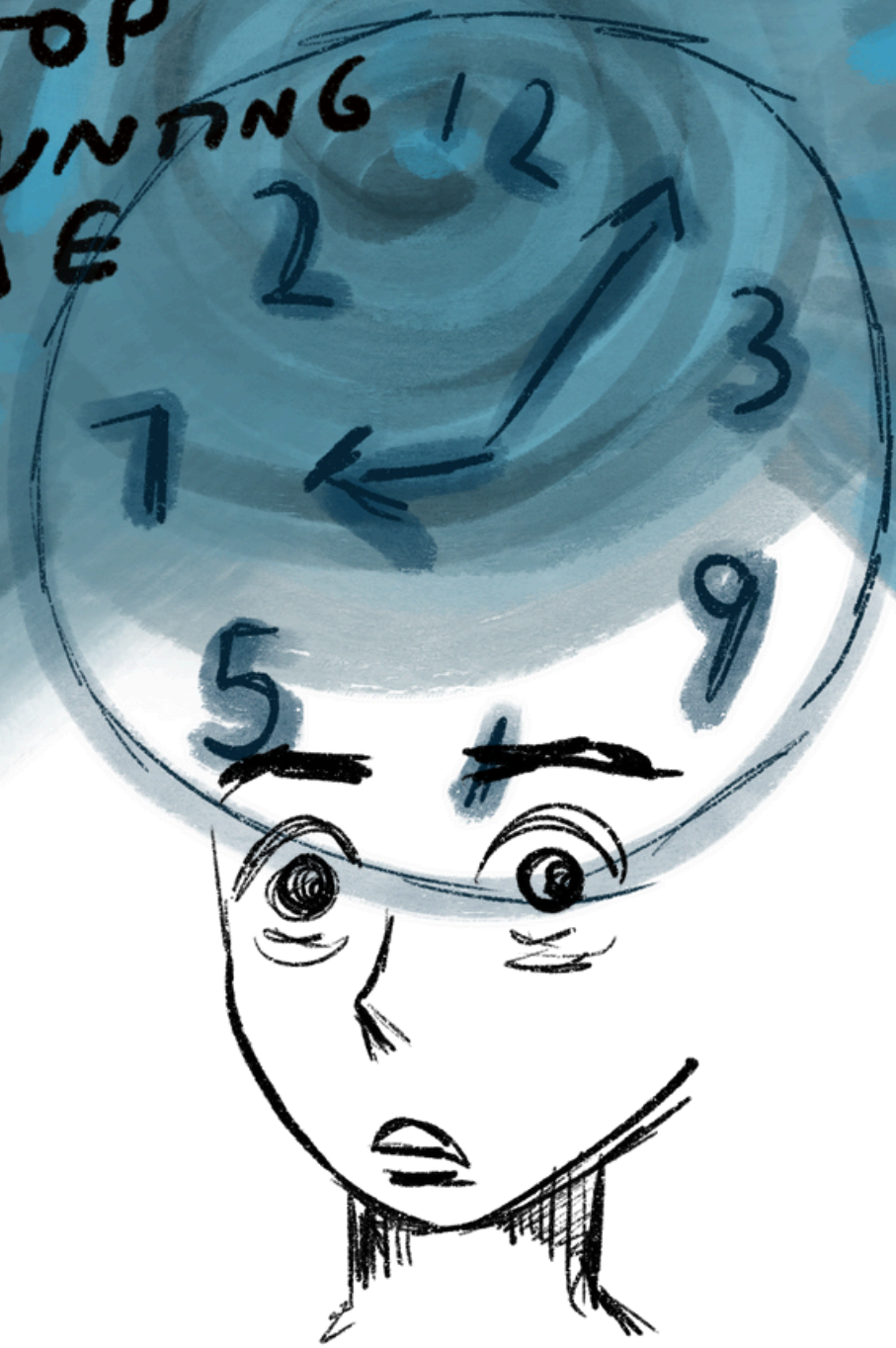
WHY DOES
EVERYONE
EXPECT ME TO
MOVE ON
WHEN I'M
STUCK?



TIME MOVES FORWARD,
BUT I REMAIN TRAPPED
IN THAT MOMENT



STOP
HAUNTING
ME





HELP ME FIND
COMFORT IN THE TRUTH
THAT THIS TOO SHALL PASS

TIME MOVES FORWARD,
BUT I REMAIN TRAPPED
IN THAT MOMENT

WHY DOES
EVERYONE
EXPECT ME TO
MOVE ON
WHEN I'M
STUCK?

STOP
HAUNTING
ME

HELP ME FIND
COMFORT IN THE TRUTH
THAT THIS TOO SHALL PASS

COMPLICATED GRIEF

feeling stuck in grief
and unable to move forward

REFLECTION

There are many emotions that can come up after experiencing loss (anger, fear, anxiety). Which ones feel strongest or most challenging to you?

What do you feel keeps you stuck in your grief, and how does it shape your daily life?

Feeling stuck can be agonizing. What helps you stay in the present moment when the feelings are too much sometimes? What's one doable action that you can take to feel unstuck?

Can you think of a moment when an unbearable season has passed away eventually? If not, what is one thing that supports you to cling to hope when you're not feeling it?

감정

FLUID FEELINGS

Painting Grief's Palette

Danbee Kim

