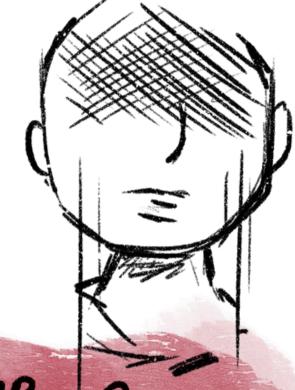
KNOW WHAT'S COMING. BUT IT FEELS TOU SOON





WHY MUST THE WAITING BE HARD TOO?



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IN THE TENSION OF NOW & NOT YET,
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## ANTICIPATORY GRIEF:

grief experienced before an impending loss

## REFLECTION

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

How do you navigate the tension between the present and what's to come?

In what ways can preparing bring both comfort and sorrow?

What does trust look like in the space between the here and not yet? What are your supports in this transitional season?

## FLUID FEELINGS

Painting Grief's Palette

## Danbee Kim

