

I KNOW WHAT'S COMING, BUT IT FEELS TOO SOON





WHY MUST THE WAITING BE HARD TOO?





I GRIEVE FOR A  
FUTURE I CAN'T  
CONTROL



IN THE TENSION OF NOW & NOT YET,  
I FIND ACCEPTANCE IN WHAT  
I CAN'T KNOW OR SEE 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?**

감정

# FLUID FEELINGS

Painting Grief's Palette

**Danbee Kim**

