

A decorative border of small pencil icons surrounds the entire page. The pencils are arranged in a rectangular frame, with some at the corners and others along the edges, all pointing towards the center of the page.

Exercise on Grief

What losses have you experienced in your intimate relationships?

How did you grieve the loss? And did you give yourself permission to grieve?

How did you comfort yourself when you were grieving?

What qualities do “I have” that have allowed me to begin to move forward?