Language of Grief

1

Which words do you associate with YOUR grief?

2

Divide the words identified in section 1 into true/false

True	False

3

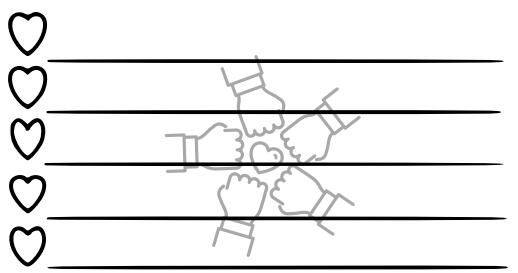
Now, circle the ONE thing you want to put down:
the ONE thing that no longer serves you & doesn't serve the person you're becoming.

4

Write it here.

5

Who in your community will help you?



6

Read the following & take note of language

2 Kings 2: 9-13

As they were walking along and talking together, suddenly a chariot of fire and horses of fire appeared and separated the two of them, and Elijah went up to heaven in a whirlwind. [12] Elisha saw this and cried out, "My father! My father! The chariots and horsemen of Israel!" And Elisha saw him no more. Then he took hold of his garment and tore it in two.

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7 **Note the grief language used in the above passage.**

“ ”



8 **Remember: Kin-Tsugi (Golden Joinery) Where are your joined places?**

9 **Where are your words coming from?**



10 **Now, take a few moments to write down some language about WHO you are evolving into by writing down what you expect you will see.**

they’re visceral, usually a reaction as a result of a strong feeling

when these words come from a place of guilt they’re misaligned & keep you stuck

the conversation will utilize connection & collaboration to grace you to grow.

Gut

Guilt

Growth

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