

Using metaphor to communicate sudden and traumatic loss during the grief process©



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Remember that what you see in a person is just the tip of the iceberg – there's more going on underneath

Feeling what is below the surface is the first step to releasing what is frozen

Write a metaphor that describes
your grief when you first learned of
your loss.

➤ *When I lost my _____ my grief was*

Write a metaphor that describes how others treat you since your loss.

- **Since my loss others treat me as if I am**

Write a metaphor that describes your grief today.

Today my grief is

Write a metaphor that describes how you
want to be a year from now!

One year from now I want my grief to be

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