

DRAWING EXERCISE:

MAPPING **YOUR GRIEF**

JOURNEY



Grief is a complex and personal journey, and it often involves a mix of different emotions that may overlap or shift unexpectedly. **This exercise invites you to reflect on how you're experiencing grief right now**, without needing to fit into any specific pattern or timeline. Use this drawing to map your emotions, recognising that **your grief may not be linear** — it's okay if it feels **messy** or **unclear**. What matters most is expressing how you feel in this moment, in a way that feels true to you.



Use a simple line or shape (like a **winding path** or a **spiral**) to represent your grief experience. Label the path with **words** that describe what you're feeling right now. Consider using different **colours** or **symbols** to represent acute grief (**strong, intense emotions**) and integrated grief (**ongoing, quieter emotions**).