

Grief Roller Coaster

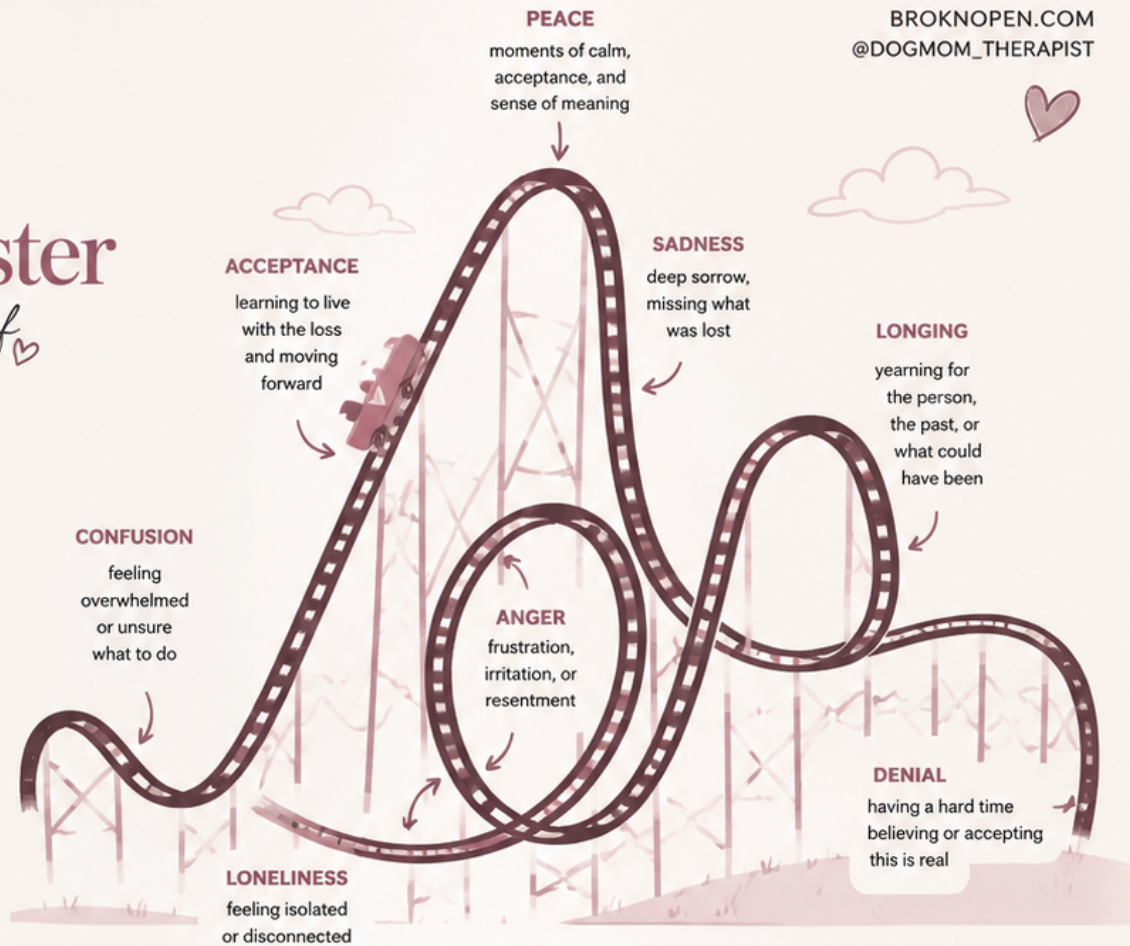
a metaphor for grief

Grief is a journey through emotions that can change from day to day, or even moment to moment. These twists and turns often feel jarring and disorienting—not unlike being on a roller coaster.

There's no right way to grieve. You may move through these feelings in any order, revisit them, or feel several at once. Your journey is unique—and that's okay.

REMEMBER:

You don't have to control the ride. You just have to keep showing up.



Your Grief Journey

Draw your own roller coaster below to show your unique grief journey. Label the ups, downs, and loops with emotions, experiences, thoughts, or anything else that feels true for you.



*There's no map for this ride.
You're not lost, you're grieving.*



Reflection Questions

Take your time. There are no right or wrong answers.



Which emotions are currently a part of your grief?



How are you responding to these emotions?



In what ways are you fighting your grief?
How can you let go of trying to control your experience?



What helps you feel grounded or supported during the hard turns?



YOUR GRIEF IS VALID. YOUR PACE IS VALID. YOU ARE DOING THE BEST YOU CAN.

