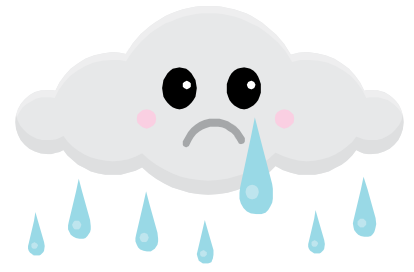


What is Grief?

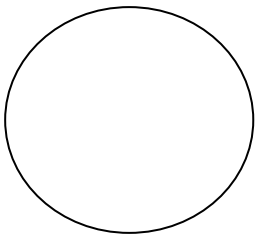


Grief is the uncomfortable feeling experienced by people when somebody they loved very much dies.

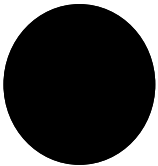
As everybody is different, grief is felt differently by everybody.

There is no “right” or “wrong” way to grieve.

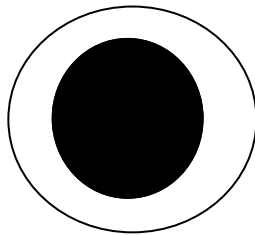
The diagrams below are just a guide to help you through the grieving process and to help you to understand how you might be feeling today.



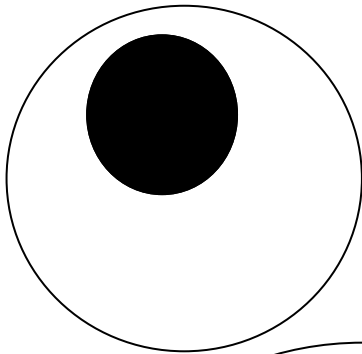
This white circle represents your life and the lovely things you do—eg, going to school, spending time with family, playing with your friends.



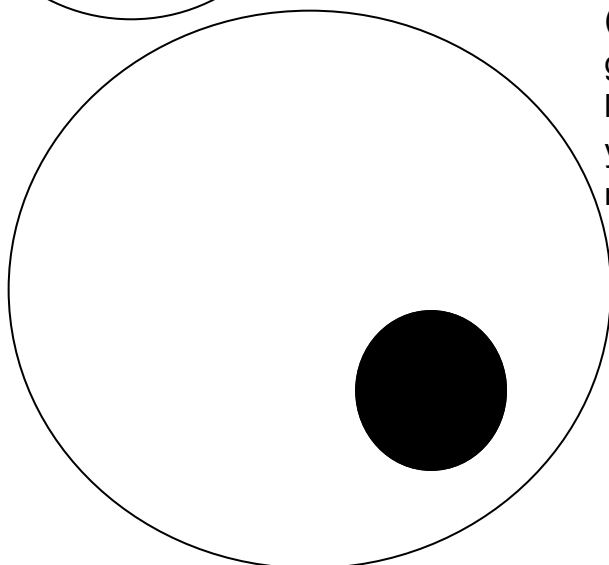
This large black blob represents your grief—the uncomfortable feeling you have when somebody you loved has died.



(1) This is what happens when somebody you loved very much dies. The grief takes up a lot of your time and thoughts—there is not much of the white circle left for lovely things.



(2) This is what happens as time passes. As you can see, the grief is still there, but the white part is bigger, making the black blob seem smaller. You are still grieving for the person you loved, but are able to enjoy your life, too.



(3) It can take some time to arrive here—where the grief is still there, but is now only a tiny part of your life. You are now able to enjoy doing the things you love without thinking about your grief too much.

You might have some days when you go back to the second diagram, and other days when you feel even better than the third diagram. Perhaps you can draw your own grief diagrams to show how you are feeling each day.