

What's the emotion and where does it lead?

Grief can come with many different emotions and feelings. When you feel a strong emotion try and catch it by writing about it here. Naming them can help you become more aware of your feelings and how you are dealing with them. The emotions wheel can help you with that too, it's also in the AWARE section. Use this worksheet to become aware of which responses are more helpful and which are less helpful. The OPEN and AWARE skills sections have ideas and exercises to help with how you are dealing with thoughts and feelings. The first row has an example to illustrate. If you were talking to the person who wrote this example, what might you say to them?

Situation	What was the feeling I was having?	What did I do?	What happened next?	Was my response helpful or unhelpful?
Saw a couple holding hands walking through the park	Felt jealous and bitter that they have each other when my partner is gone, then felt guilty and horrible for thinking that.	I tried to shut down the feeling of jealousy, told myself that was wrong, tried to just suppress what I was feeling	Felt like I was a bad person, felt upset about it later, and told myself not to think such horrible unkind thoughts.	It was unhelpful to criticise myself. I didn't like having that unkind thought about the couple, but beating myself up for it didn't help.

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