



The Landscape of Grief

Map the changing shape of loss

Grief rarely moves in a tidy line. It can loop, pause, surge and soften. Draw your own landscape - hills, storms, resting places, bridges or whatever fits - and let it show the truth of your experience without rushing it.

PAUSE AND CARE

There is no correct timetable for grief. If this brings up more than you can hold alone, pause and reach towards someone safe.

The emotions moving through my grief today

What has felt steep, sudden or disorientating?

Where have I found even a small resting place?

What am I trying to control that may need gentleness instead?

Draw or describe the landscape of my grief
