Two Rhythms of Grief

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person alternates between sadness and daily tasks.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Notice times spent attending to loss and times spent on ordinary daily needs without prescribing a sequence.

3. What balance feels possible this week?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.