Grief and Mixed Feelings

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 feels sadness and relief after a difficult transition.

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

2. Try this task: Represent conflicting emotions about a loss without demanding a single story.

3. How can both be acknowledged?

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.