

Behind the Wall

Times of grief and loss can leave us feeling trapped in feelings that we can't make sense of. It can feel like a tide of sadness or anger that keeps us locked up and unable to connect with others. Emotions are real. They are not good or bad. They just are what we are feeling.

Looking at the wall of emotions there may be feelings that you recognise. These are all normal and part of grief and loss.

If there are feelings you can identify today, name them. They are not wrong, they are part of being human. They are part of loss. Expressing emotions helps us to move from being trapped by them. If you can, write them down in a journal, or scribble them or even just tell someone you trust.

“Right now I am feeling ...”

We feel an emotion and it passes and the next feeling comes.

