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## Guide Sheets for Pack 3 'Further along the road'

The Guide Sheets are intended to provide a learner with more understanding about the Grief Card topics being discussed. As described, they are a guide only and are not intended to be prescriptive. The content does not have to be followed in any particular order. Grief is not linear. The Grief Cards help to open up creative conversations around grief. One of the greatest gifts we can give someone is that they feel truly heard.

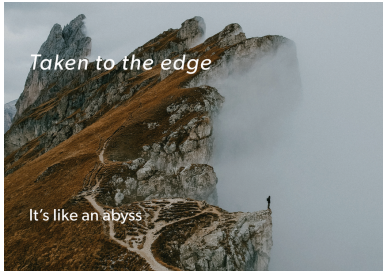
### Description of the Grief Cards

Each guide sheet relates to an individual GRIEF CARD. The following points relate to the elements that are found on the front and back of a Grief Card:

1. NOTES: These bullet points bring more learning about grief and open up ideas and concepts around the Grief Card. This is a fuller, but not exhaustive, exploration of the learning points that may be gained about each topic.
2. QUESTIONS: Additional questions are given to broaden the thought processes for a grieving person to consider where they are in their journey.
3. ACTION POINTS: Two action points are also included that may help a person to consider how they may begin to bring movement back into their lives.

	TABLE OF CARDS
Card No.	Title of Card (Click on link below and go to bookmark link)
25	<a href="#">Taken to the edge</a>
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27	<a href="#">How are you?</a>
28	<a href="#">I just keep running</a>
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30	<a href="#">Changing landscape</a>
31	<a href="#">The paradox</a>
32	<a href="#">Yearning or longing</a>
33	<a href="#">The 'un-bereaved'</a>
34	<a href="#">What about them?</a>
35	<a href="#">Depression</a>
36	<a href="#">Reconnect</a>

## CARD 25 Taken to the edge



### NOTES: .

- It feels sometimes as though there is a great void before us.
- A cliff edge is so near.
- We can be unsure how to take a further step, in any direction.
- We can doubt ourselves, feel beyond our comfort zone.
- There is now the presence of a dark hole.
- This is a common feeling for the bereaved.
- These feelings become less strong.

### QUESTIONS:

1. How close to the edge do you feel?
2. What is in front of you?
3. Have you felt “edgy”?
4. Where is a safe place for you?
5. What mechanisms have you in place to help?

### ACTION POINTS:

- Connect with others who feel the same.
- Look for routines you can use to help, e.g. exercise

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## CARD 26 Like entering a wilderness



### NOTES:

- It can feel like a desert.
- It's a completely new environment, one that we don't recognise.
- We can end up wandering around kicking up the dust. We feel numb.
- Suddenly everything is monochrome - the colours have drained out of my picture. There are only shades of grey.
- After a while, we may notice some green shoots growing here and there.
- There have been things going on deep down, like the trees in spring.
- Life will begin to emerge again. People may not believe this but it can happen.

### QUESTIONS:

1. What does your grief landscape look like?
2. Is there anybody else in it?
3. What colour is your landscape?
4. What is it made up of?
5. Are there any signposts?

### ACTION POINTS:

- Walk gently.
- Give yourself time.

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## CARD 27 How are you?

*How are you?*

broken, lonely, sad, hurt, alone, upset,  
depressed, suicidal, angry, hateful,  
breaking down, screaming, dead, empty,  
somewhat, nothing, crying, shouting,  
giving up, lost, hiding, wearing a  
mask, cutting, horrible, disorganised,  
down, hollow, worthless, hopeless,  
misunderstood, incapable, distressed,  
lost, pathetic, ashamed, bitter, forced,  
wandering, uneasy, tense, hostile,  
dominated, pessimistic, distrustful, fearful,  
overwhelmed, overwhelmed, terrified,  
struggling, desperate, in despair,  
furious, angry, suspicious, not  
helpless, suspicious, alienated, not  
understood, words, stressed, isolated,  
hopeless, broken, lonely, sad, hurt,  
alone, upset, distressed, suicidal, angry,  
hateful, breaking down, screaming,  
dead, empty, somewhat, nothing, crying,  
shouting, giving up, lost, hiding, wearing  
a mask, cutting, horrible, disorganised,  
down, hollow, worthless, hopeless,  
misunderstood, incapable, distressed,  
lost, pathetic, ashamed, bitter, forced,  
wandering, uneasy, tense, hostile,  
dominated, pessimistic, distrustful, fearful,

**I'm Fine**

*I'm not fine on the inside,  
I can't tell anyone*

## NOTES:

- Many people will ask, “How are you?” It is often a casual comment that people don’t really want the answer to.
- That can take us by surprise. It may throw us into confusion.
- Consider how much time a person has and how much they really want to know. Have some “stock” answers: “I’m here”, “It’s not a great day today”, or “Life is a challenge today.”
- We feel desolate inside but don’t feel able to talk to anyone.
- But there are those who do really want to know, those who do care about you.
- Seek them out.
- It is good to talk with others who understand. The saying “A problem shared is a problem halved”, can be true.

## QUESTIONS:

1. What comes into your mind when someone asks you “How are you”?
2. What do you respond with?
3. What other things could you say?
4. Are you prepared for questions, how would you answer them?

## ACTION POINTS:

- Be honest. Create some “stock” answers.
- Recognise those who really want to hear.

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## CARD 28 Our chair has broken



### NOTES:

- Bereavement is like suddenly finding yourself on a broken chair.
- Instead of four legs there are only three. We are knocked out of balance.
- The issue is about Identity. The three core issues of Identity get shaken:
  - - the things that bring us Security;
  - - how we find our sense of Self Worth;
  - - the things that bring us Significance in our lives.
- We need to embrace a process of redefinition. Our chair will look very different now.

### QUESTIONS:

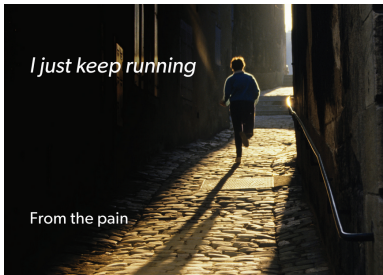
1. Where do you get your Security?
2. Where do you get a sense of Self worth?
3. Where do you find Significance in your life?
4. What could you do now to repair your chair?

### ACTION POINTS:

- Explore who you are now.
- Reflect on what your old life looked like and what your new life is like now. ('Two sheets exercise')\*

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## CARD 29 I just keep running



### NOTES:

- Sometimes people just keep running away from the pain.
- They choose a form of anaesthesia:- drugs, alcohol, sex, retail, over-working, anything to kill the pain.
- This numbs the pain for a short while, but does not remove it. They can affect our lives in multiple ways.
- The painful emotions are telling us something...we are grieving.
- We have experienced significant loss and there are other losses that are affecting us as well.
- We will need to engage with it at some point, to process it.
- It is not a weak thing to let our emotions out. It is an honest acknowledgement of where we are. This is a sign of strength. We will not die if we embrace the pain, we can live again.

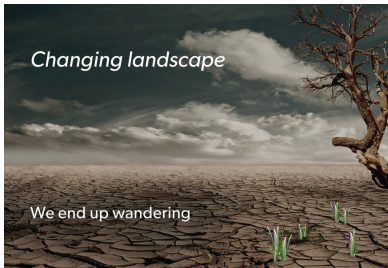
### QUESTIONS:

1. Do you recognise any of these avoiding behaviours mentioned?
2. What have you been doing to engage?
3. What tool could you take home in your toolkit to help?
4. Who are you going to talk to?

### ACTION POINTS:

- Find a safe place to grieve.
- Embrace the pain.

## CARD 30 Changing landscape



### NOTES:

1. We end up wandering in our grief landscape.
2. As time passes, we can look back or around and see that we are making small steps of progress.
3. There is movement and growth. It can be hard to see. But it is there.
4. We get through the first day, the first week. “I got through the first month”...“We’ve had the funeral”...“I went shopping.”
5. Gradually we are able to do some things again. Identify changes in our emotions.
6. It is good to look back and see what progress has been made.
7. Congratulate yourself for what you have achieved. The pain is still there, but you are starting to live again.

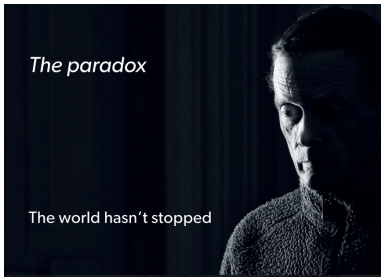
### QUESTIONS:

1. Can you see movement?
2. Are there any green shoots?
3. What would you like to see next?
4. What changes can you make?
5. How may you aim to get there?

### ACTION POINTS:

- Write down what you have achieved.
- Collect memories, or mementos.

## CARD 31 The paradox



### NOTES:

- Life is a paradox (Joy and pain).
- Now things are suddenly black and white.
- Life keeps going on around us. The world hasn't stopped.
- This person is talking to me but I feel miles away, odd and distant.
- Questions come: Am I doing this right? Am I doing this wrong? Is there a right way?
- It can feel like I have entered a world of "Duality". I feel so sad but I can still see the flowers.
- I want to move forward, I want to be still.

### QUESTIONS:

1. What 'Duality'/'Paradoxes' have you noticed?
2. What does this grief feel like for you?
3. What is strange now?
4. What is normal?
5. Can you find a place of peace with 'Duality'?

### ACTION POINTS:

- Look at the opposites.
- Find places of colour in your life now.

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## CARD 32 Yearning or longing

*Yearning  
or longing*



*Intense feelings*

*Yearning  
or longing*



*Intense feelings*

### NOTES:

- Yearning or longing can be such a strong emotion as the numbness wears off.
- This is a very normal experience for those grieving.
- We can't get the person out of our mind.
- We long to see, hear or touch the person.
- It takes time to integrate the absence of the person into our life.
- We may find ourselves in strange places "looking" for them. We are not ready to let go.
- Each time it happens we are drawing nearer to the reality that our loved one has died.

### QUESTIONS:

1. Are you engaging with the feelings?
2. Have you experienced longing?
3. What did it look like?
4. How did this dissipate?
5. What could you do now when this happens?

### ACTION POINTS:

- Visit places, embrace the memories
- Do something you used to do together, create a new memory.

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## CARD 33 The 'un-bereaved'

*The 'un-bereaved'*



*They just don't understand*

### NOTES:

- Other people just don't get it.
- They don't understand where I am.
- They say the most ridiculous things that are not helpful.
- People avoid me; they don't know what to say.
- It would be nice just to have a hug.
- People seem to think it's OK to give advice.
- I just want someone to listen.

### QUESTIONS:

1. What have people said to you?
2. What helps?
3. What does not help?
4. Where do you go to be heard?
5. What would you say to yourself?

### ACTION POINTS:

- Be explicit with your needs.
- Express your emotions - give them a voice.

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## CARD 34 What about them?



### NOTES:

- How do you tell the children?
- Children grieve differently from adults.
- Young children often “puddle jump” (be very sad one moment and then ask to play and laugh the next)
- It is best to be honest and clear.
- Euphemisms can be confusing for children. Clear and simple language is often better.
- Laughing and having fun is OK.
- What children say/bring/do can be very challenging for a grieving parent.

### QUESTIONS:

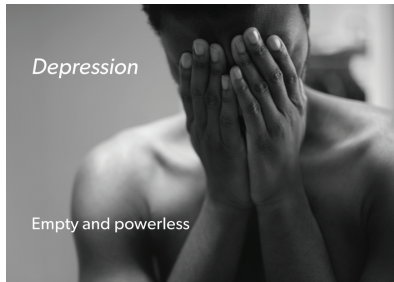
1. How are they?
2. Do they talk about what has happened?
3. Who can they talk to?
4. Are you getting any time off for you?
5. How do you talk to your children?

### ACTION POINTS:

- What support can be put in place for them?
- Let them express their emotions in different ways. (E.g. Memory Jar)

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## CARD 35 Depression



Depression

Empty and  
powerless



### NOTES:

- Sadness and despair are normal feelings after the loss of a loved one.
- People can feel empty and powerless, unable to do anything.
- Life can seem meaningless, valueless or hopeless.
- This can generalise into despair... “I’m useless”, “What is the point of it all?”
- This is not in itself medical depression. It is about discovering our personal limits.
- However, some people do collapse and don’t feel they can go on.
- This is the time to seek professional help and the GP is the best place to start.
- Seeking help shows that you want to get better. This is not a sign of weakness.

### QUESTIONS:

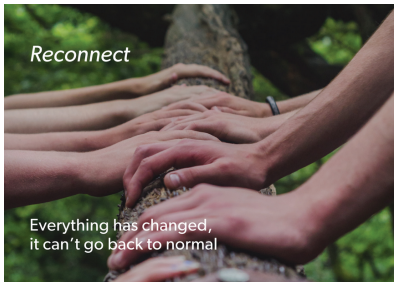
1. How are you feeling?
2. How are you looking after yourself?
3. What do you have to look forward to?
4. Have you had any suicidal thoughts?
5. Who are you talking with?

### ACTION POINTS:

- Assess where you are.
- Talk with a trusted person or Doctor.

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## CARD 36 Reconnect



### NOTES:

- You are now living in a different world.
- There is a need to redefine you, find ways to reconnect with yourself.
- Relationships change.
- Social networks also readjust.
- New friendships can develop.
- There are different places to engage with life again. Reconnect with nature.
- You will need to do self care, look after yourself. Give yourself space and time.

### QUESTIONS:

1. How are you going to do this?
2. How do you Recharge?
3. How do you Regenerate?
4. How do you Renew?
5. What works for me? What did I used to enjoy doing? Can I try those again?

### ACTION POINTS:

- Be open to new friendships.
- Explore old hobbies or try something new.

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For more resources visit: [LossandLife.org](https://LossandLife.org)

If you need wider support visit: [AtaLoss.org](https://AtaLoss.org)