



Chapter 10: Everything you want to hear about grief and more

EXERCISE: Clean Up Your Grief! Things to do

Lest the glow of the lovely end of this chapter give way to remaining vestiges of misunderstanding... what if you were free to play with being free to feel what you feel and think what you think?

Again, in whatever journaling process you do, feel free, or if you prefer to do it verbally with a friend, or to a mirror, or with your cat or dog or gerbil, feel free.

Exercise 1: Here's a research project for you...

1. Give yourself space to VENT.
2. Record what you open in yourself, rage at or even rant about, written or audio or video
3. Go over it, alone or with a friend, looking for those errors of judgement we discussed in the penultimate section here.

Exercise 2: Getting it all out in a more organised manner

1. Make a list of losses in your life. If you like playing with colours, colour code. Categorise as you wish, or do not bother with categories or order. Or make pictures.
2. Once you have your list or your set of pictures, assess where you are with your grief according to what you know and learned in this chapter.
3. Ask yourself: What is your next step? What about Right Now?