

Grief Emotional Map

Overview

Grief can bring many emotions—sometimes all at once, sometimes none at all. This emotional map is a simple tool to help you name what you're feeling without judgment or pressure to fix it.

There is no correct path through grief. Emotions may change daily or even hourly. This map exists to offer clarity, validation, and a reminder that whatever you're experiencing is a natural response to loss.

Use it as a check-in, a reflection tool, or a way to feel a little less alone in your grief.

Grief Emotional *Map*

Use this map to gently notice what's present today—without trying to fix it.

- **Sadness:** tears, heaviness, longing, waves of missing
- **Anger:** irritability, frustration, resentment, unfairness
- **Guilt:** what ifs, second guessing, regrets, self-blame
- **Numbness:** feeling disconnected, flat, emotionally shut down
- **Anxiety:** fear about the future, restlessness, racing thoughts
- **Relief:** especially after long periods of illness or caregiving (this is allowed)
- **Loneliness:** feeling misunderstood or separated from others
- **Confusion:** brain fog, forgetfulness, difficulty making decisions

Reflection (Optional)

- What emotions feel strongest right now?
- Are there emotions you are judging yourself for having?
- What would it be like to simply notice - without changing anything

There is no right way to grieve. Awareness is enough!