

# GRIEF EXERCISE:

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## PACKING FOR THE JOURNEY

### PURPOSE

To reflect on the current grief journey or prepare for the next experience of loss. Some losses we see coming, while others happen out of the blue. Regardless, we all have and all will make a journey with grief. Like all travels, it is helpful if we can bring things with us to assist along the way. For some of the losses, we can prepare what we “pack.” For others, we are thrust into the voyage with little to no preparation and are forced to consider picking up “items” along the way.

### INSTRUCTIONS

Consider what might be helpful for the process of working through grief using the metaphor of being on a journey. As we walk through grief, it is helpful to “pack” and consider the following:



#### **A NOTEBOOK/GUIDEBOOK**

This represents lessons learned and notes made from previous experiences of grief. These lessons may be your own or have been observed or passed on from others.



#### **COMPASS**

This represents the values and beliefs that you want to hold on to and guide you.



#### **SNACKS**

What may nourish you along the way?



#### **FIRST AID KIT:**

Bumps and bruises occur. What are the things that may help with the pain(s) on this journey that you want to intentionally employ?

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## TOILETRIES BAG

What are the rituals and routines that you want to continue (daily, weekly, and so on)?

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## SOUVENIRS

What reminders of this journey do you want to hold on to and why?

## ADDITIONAL CONSIDERATIONS

### COMPANIONS

Some trips are best made alone, while others welcome company.

- Who do you wish to accompany you?
- On what parts of the journey would you welcome others, and on what parts might you prefer to be on your own?
- Who are people that you have met along the way that have been helpful?

### PIT STOPS

What are some of the experiences that may provide a break and respite along the way?