



The Grief Survival Guide WORKBOOK

For optimum use and understanding, this workbook is to be used after reading the book Sink or Swim.

Vocabulary of Emotions:

Use this document to help you pin-point your emotions on a deeper level. To be used in conjunction with the 'Journal'.

The Grief Survival Guide Journal:

Use this as a daily or weekly journal, to help keep you in-check with your emotions. This can also be a good guide to look back on to see how far you have come along your journey of grief.

Grief and the Emotional Layers:

Start with whatever emotion you are feeling most strongly. Use your intuition to unravel the layers. Ask yourself, what emotion or feeling is right underneath. Write it down and stay with the emotion. Once you have accepted and acknowledged this emotion, you can move onto the next layer. This doesn't need to be done in one sitting. You may choose to stay with your first or second emotion for a while. You may wish to journal this emotion. Journal these questions; Why has this feeling come up for you? When have you felt this emotion? What triggers this emotion? Can I accept and acknowledge this emotion?

Schedule Planner:

For use in the early times, when a support team is there for you. This helps organise who does what job, activity or appointment. Remember to schedule in YOUR time off. These jobs can be as small as, who takes the bins out, or who is going to water the garden; small things, but jobs that can be delegated so you don't have to do everything yourself.

Be Your Own BFF:

Negative self-talk is very easy to do and most of us do it all day, every day without even realising it. When we are grieving, it's even easier to do. In the clouds, write down all POSITIVE, loving, encouraging words, from yourself to yourself. "I am... a great mum/dad", "I can... do this!"... etc

What to say and Not to Say:

A 'to-the-point' table to share with your support team, or friends and family.

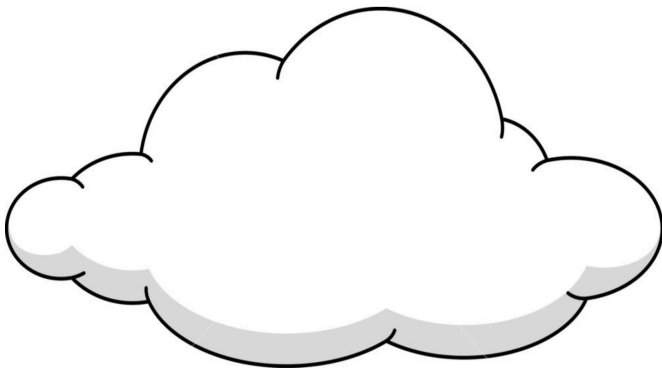
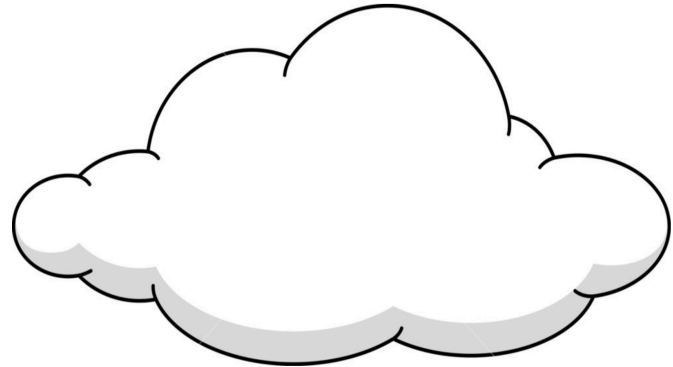
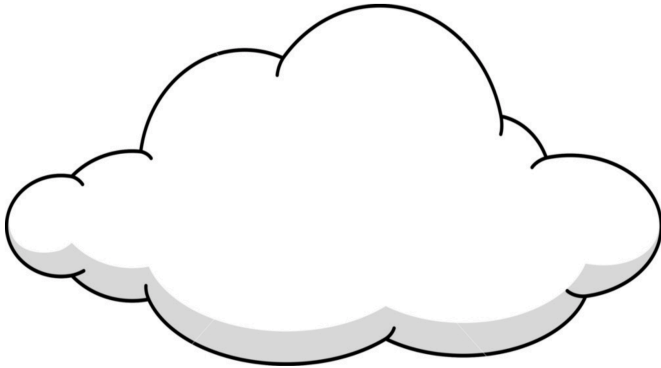
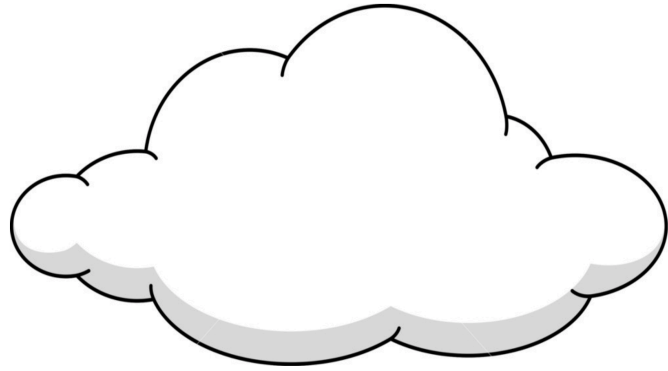
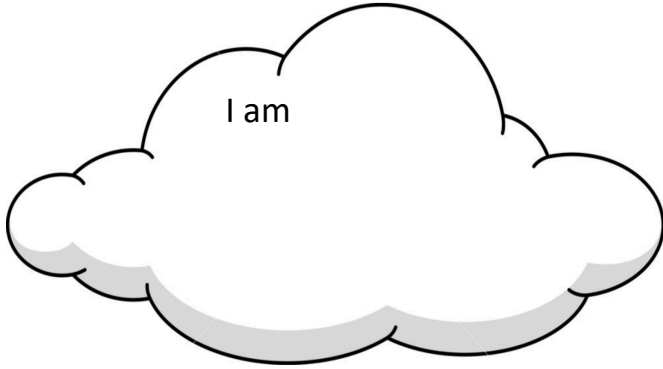
Meditation:

Inner Peace. I suggest you record yourself reading this aloud first, then listen back to do the meditation.



Be Your Own BFF

Turn your negative self-talk into loving, caring and inspiring self-talk





Vocabulary of Emotions

Strong Intensity:

Happiness	Caring	Depression	Inadequateness	Fear	Confusion	Hurt	Anger	Loneliness	Remorse
Delighted	Adoring	Alienated	Blemished	Alarmed	Baffled	Abused	Affronted	Abandoned	Abashed
Ebullient	Ardent	Barren	Blotched	Appalled	Befuddled	Aching	Belligerent	Cut off	Debased
Ecstatic	Cherishing	Beaten	Broken	Desperate	Chaotic	Anguished	Bitter	Deserted	Degraded
Elated	Compassionate	Bleak	Crippled	Distressed	Confounded	Crushed	Burned up	Destroyed	Delinquent
Energetic	Crazy about	Dejected	Damaged	Frightened	Confused	Degraded	Enraged	Empty	Depraved
Enthusiastic	Devoted	Depressed	False	Horrified	Dizzy	Destroyed	Fuming	Forsaken	Disgraced
Euphoric	Doting	Desolate	Feeble	Intimidated	Flustered	Devastated	Furious	Isolated	Evil
Excited	Fervent	Despondent	Finished	Panicky	Rattled	Discarded	Heated	Marooned	Exposed
Exhilarated	Idolizing	Dismal	Flawed	Paralysed	Reeling	Disgraced	Incensed	Neglected	Humiliated
Overjoyed	Infatuated	Empty	Helpless	Petrified	Shocked	Forsaken	Infuriated	Ostracized	Judged
Thrilled	Passionate	Gloomy	Impotent	Shocked	Shook up	Humiliated	Intense	Outcast	Mortified
Turned on	Wild about	Grieved	Inferior	Terrified	Speechless	Mocked	Outraged	Rejected	Shamed
Vibrant	Worshipful	Grim	Invalid	Wrecked	Startled	Punished	Provoked	Shunned	Sinful
Zippy	Zealous	Hopeless	Powerless		Stumped	Rejected	Seething		Wicked
		In despair	Useless		Stunned	Ridiculed	Storming		Wrong
		Woeful	Washed up		Taken-aback	Ruined	Truculent		
		Worried	Whipped		Thrown	Scorned	Vengeful		
			Worthless		Trapped	Stabbed	Vindictive		
			Zero			Tortured	Wild		

Medium Intensity:

Happiness	Caring	Depression	Inadequateness	Fear	Confusion	Hurt	Anger	Loneliness	Remorse
Aglow	Admiring	Awful	Ailing	Afraid	Adrift	Annoyed	Aggravated	Alienated	Apologetic
Buoyant	Affectionate	Blue	Defeated	Apprehensive	Ambivalent	Belittled	Annoyed	Alone	Ashamed
Cheerful	Attached	Crestfallen	Deficient	Awkward	Bewildered	Cheapened	Antagonistic	Apart	Contrite
Elevated	Fond	Demoralized	Dopey	Defensive	Puzzled	Criticized	Crabby	Cheerless	Culpable
Gleeful	Fond of	Devalued	Feeble	Fearful	Blurred	Damaged	Cranky	Companionless	Demeaned
Happy	Kind	Discouraged	Helpless	Fidgety	Disconcerted	Depreciated	Exasperated	Dejected	Downhearted
In high spirits	Kind-hearted	Dispirited	Impaired	Fretful	Disordered	Devalued	Fuming	Despondent	Flustered
Jovial	Loving	Distressed	Imperfect	Jumpy	Disorganized	Discredited	Grouchy	Estranged	Guilty
Light-hearted	Partial	Downcast	Incapable	Nervous	Disquieted	Distressed	Hostile	Excluded	Penitent
Lively	Soft on	Downhearted	Incompetent	Scared	Disturbed	Impaired	Ill-tempered	Left out	Regretful
Merry	Sympathetic	Fed up	Incomplete	Shaky	Foggy	Injured	Indignant	Leftover	Remorseful
Riding high	Tender	Lost	Ineffective	Skittish	Frustrated	Maligned	Irate	Lonely	Repentant
Sparkling	Trusting	Melancholy	Inept	Spineless Taut	Misled	Marred	Irritated	Oppressed	Shamefaced
Up	Warm-hearted	Miserable	Insignificant	Threatened	Mistaken	Miffed	Offended	Uncherished	Sorrowful
		Regretful	Lacking	Troubled	Misunderstood	Mistreated	Ratty		Sorry
		Rotten	Lame	Wired	Mixed up	Resentful	Resentful		
		Sorrowful	Overwhelmed		Perplexed	Troubled	Sore		
		Tearful	Small		Troubled	Used	Spiteful		
		Upset	Substandard			Wounded	Testy		
		Weepy	Unimportant				Ticked off		

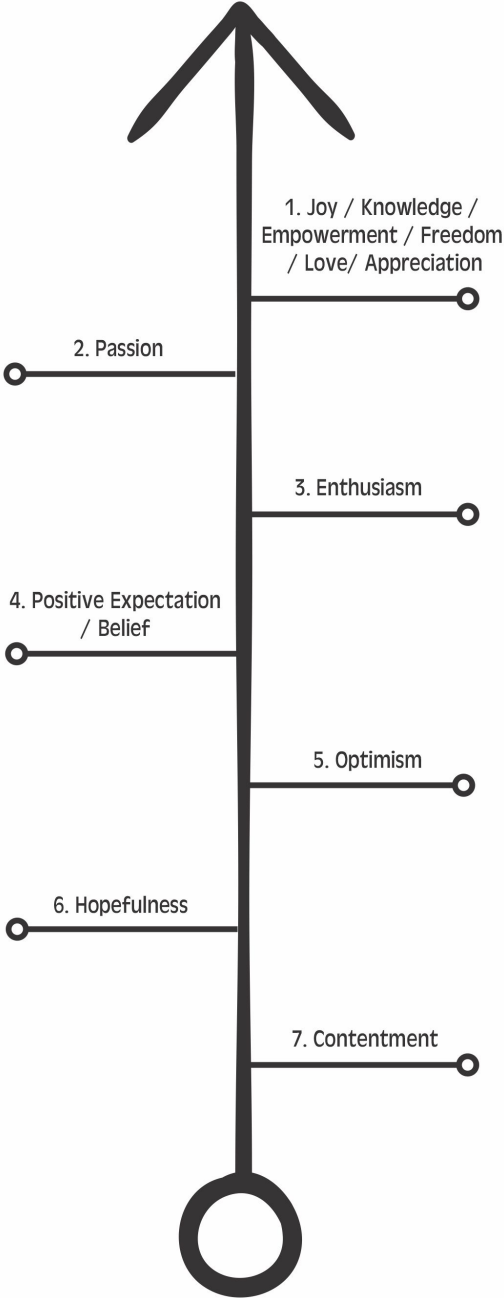
Light Intensity:

Happiness	Caring	Depression	Inadequateness	Fear	Confusion	Hurt	Anger	Loneliness	Remorse
Contented	Appreciative	Blah	Dry	Anxious	Distracted	Let down	Bugged	Blue	Bashful
Cool	Attentive	Disappointed	Incomplete	Careful	Uncertain	Minimized	Dismayed	Detached	Blushing
Fine	Considerate	Down	Puny	Cautious	Uncomfortable	Neglected	Galled	Discouraged	Chastened
Genial	Friendly	Funk	Tenuous	Disquieted	Undecided	Put away	Grim	Distant	Embarrassed
Glad	Interested in	Glum	Tiny	Goose-bumpy	Unsettled	Put down	Impatient	Insulated	Hesitant
Gratified	Kind	Low	Uncertain	Shy	Unsure	Rueful	Irked	Melancholy	Humble
Keen	Like	Moody	Unconvincing	Tense		Tender	Petulant	Remote	Meek
Pleasant	Respecting	Morose	Unsure	Timid		Touched	Resentful	Separate	Regretful
Pleased	Thoughtful	Somber	Weak	Uneasy		Unhappy	Sullen	Withdrawn	Reluctant
Satisfied	Tolerant	Subdued	Wishful	Unsure			Uptight		Sheepish
Serene	Warm toward	Uncomfortable		Watchful					
Sunny	Yielding	Unhappy		Worried					

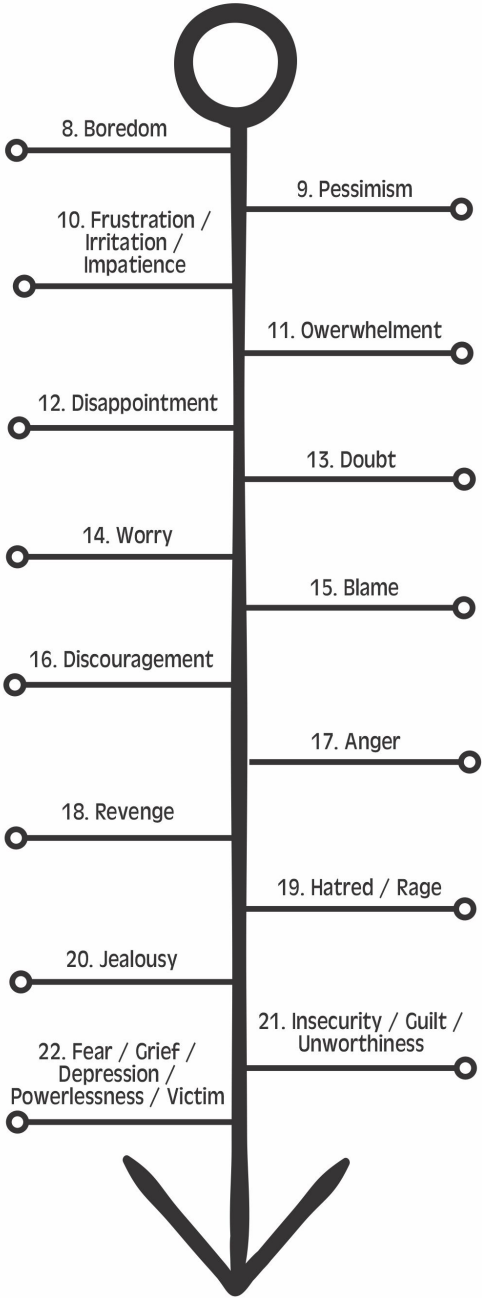


EMOTIONAL GUIDANCE SCALE

UPWARD SPIRAL



DOWNWARD SPIRAL





Grief and the Emotional Layers

Use as many pages as you need to 'peel off' as many layers as you feel you have until you reach Grief. You might be working through disappointment as your first strong emotion. Work down, and imagine you are literally peeling off the layer of disappointment and ask yourself, what is simmering underneath? Trust your instincts. Go with whatever feeling first pops up for you.

START with what emotion you are feeling most strongly right now? And ask yourself why?



What other emotion do you feel is simmering just underneath this strong emotion above?



What is the next emotion you feel is just underneath this one above?



What is the next emotion you feel is just underneath this one above?



Meditation by Amy Williams

Inner Peace

This guided meditation is to help those with very active minds who find it difficult to 'not think' during quiet times.

It is aimed to give your thinking mind a break, whilst using your body to feel emotions, thoughts and feelings.

This meditation includes visualising. With visualising, go with the first image that comes up. This may come to you as a word, a picture, a feeling, a colour or a shape. Whatever the 'image' is, just trust that this is your meditation, your way, your vision, your messages.

If you don't know how you feel or what you see. Just take a moment in that space and ask yourself, *"How do I feel in this space?"*

Take some mindful breaths. There is no rush to see or feel something. Just trust that you are being guided to where you need to be. Your subconscious is taking it all in, even if you feel you are not 'receiving messages' or you doubt yourself and think you are not really in a meditative space, because you can still feel your brain thinking.

Come back to your breath, be in your space of where you are. That is all you need to do.

I recommend you record yourself reading this meditation first, then play it back and listen.

You can record on your iPhone using 'Voice Memo' or a similar tool for Android phones. Talk slowly and softly for the best effect.

Let's begin.

Sit in a comfortable position.

Close your eyes.

We are going to relax and calm our minds and body, by firstly doing a breathing technique.

The sequence is:

Breathe in (for 4 counts) through your nose

Hold (for 4)

Breathe out (for 6) through your nose

Hold (for 4)

When you breathe in, imagine you are sucking in white wispy clouds. They find their way all-around your body, from the tip of your head, slowly moving down to the tips of your toes.

When you breathe out, imagine the clouds are magnetic and have picked up all the negative energy inside your body, turning the white clouds into grey.



Blow out this grey matter through your mouth, as if you are blowing out a candle. Send it on its way.

Repeat this three times. Try to breathe deeper and longer each time.

If you feel like you still have some excess energy that needs clearing, gently shake your arms and legs and feel the excess energy leave from your fingertips and toes. Send it on its way.

Breathe normal and stay in this space.

I want you to imagine you are sitting on a couch.

Imagine your couch; however, you would like.

What colour is it?

How does the fabric feel?

How are you positioned?

What is the size of the couch?

Take a moment in this space, and just FEEL all your surroundings.

Now, imagine the room you are in. Have a look around you.

What does the room look like?

What is the feeling of the room? Perhaps it's warm and cosy? Perhaps it's cool and calm?

Take a moment in this space and just FEEL all your surroundings.

Now, imagine a TV screen is in front of you. You have the remote in your hand, and as you turn it on, a vivid white light appears on the screen.

As you look closer at the white screen, you notice the white space is filled with white fluffy clouds. They are moving ever so slowly like on a light summer breezy day.

You stand up and walk towards the screen. You reach out to touch the screen, and your arm disappears into the whiteness. You can feel your arm in the empty space behind the cloud.

How does it feel on the other side?

Can you FEEL what the space may look like?

You then step your whole body into the white space through the TV screen. As you enter, you know you are entering a new world. You feel a buzz of light around you.

Have a look around you.

Where are you?



Look down at your feet on the ground.

Take a moment in this space and just FEEL all your surroundings.

Take a few mindful breaths.

Breathe in this new air.

Let it in through your entire body.

This air is so fresh and clean. It feels as though you are on top of an arctic mountain. So pure.

You feel this pureness throughout your entire body. It's almost as if you have turned into an angel yourself. Pure white is all around you.

You see a path in front of you. You start walking along this path.

What do you see?

How do you feel?

Take a moment in this space and just FEEL all your surroundings.

Is there a particular powerful emotion coming up?

Check in with your heart, and ask, what do you feel?

Whatever it is, trust it and just be with the emotion.

In silence, the soul speaks.

With the first word or feeling that comes to you, answer the following:

I AM feeling

I WILL find the courage to

I WILL release

I AM thankful for

Take some mindful breaths.

Now, see yourself walking back along the path. In front of you, you see a swirl of white light where you entered this world.

You reach out, and touch the white light. It is time to come back. You step into the light and find yourself sitting back on your couch.



Just sit quietly in this space for a moment, knowing your soul has spoken to you.

When you are ready, open your eyes.

Journal any insights, feelings, or thoughts that came up for you.



Schedule Planner

Task/Activity/Appointment:	When:	Who:
Task/Activity/Appointment:	When:	Who:
Task/Activity/Appointment:	When:	Who:
Task/Activity/Appointment:	When:	Who:
Task/Activity/Appointment:	When:	Who:
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Task/Activity/Appointment:	When:	Who:



What To Say To A Grieving Person?

A grieving person needs to hear you *recognise, understand and acknowledge* their pain first, before making statements of strength and moving on etc.

Instead of saying this .. ✗	How the comment is received from the grieving person	Say this ... ✓
I can help you if you like?	I have no idea what capacity of help you can provide. I can't think right now of what I can get you to do as there are so many things I need help with.	I will help you with (this).
I am here for you.	In what way? What can you actually do for me?	I will support you by doing (this) for you.
When can I come see you?	I have no idea how I'm feeling from hour to hour, let alone day to day. I don't know.	I will drop in on(day) at around(time). If you are not home, it's not a problem. I will arrange another day with you later.
Anything you need, you let me know.	I don't know what your capacity is of what you can help with. Now I have to think of what job you can do for me.	I am a landscaper. I will come over on(day) at(time) and tidy up your yard.
Let me know when you need some time to yourself and I can look after the kids.	I don't know when that will be. Does that mean you're willing to come over at 8pm at night?	I understand you will want some time to yourself. How about I come over on (day) at(time)? I will take the kids out for 2 hours.
It will get easier as time goes on.	No, it won't.	You are doing the best you can right now.
It's good to see you moving on.	Moving on? I will never 'move on' from grief or love or my loss. I may move forward, though.	I understand this journey has been incredibly hard for you and is still continuing, but I do admire your positive mindset in what you are achieving at the moment.
I don't know how you do it.	I would love to run away from this, but I have responsibilities that I must and have to do.	I can only imagine how extremely hard it must be, to do all that you are doing, whilst grieving.
I wouldn't be able to cope like you.	Yes, you would, because you would HAVE to.	I can only hope that I would have your same strength and mindset if this happened to me.
You seem so strong.	Why, because I'm not constantly crying? Because I'm not curled up in a corner, rocking? Because you don't see me lose it?	It must be so exhausting having to get on with life when you've had no choice to. But I see you are an amazing positive person that is doing the absolute best you can.