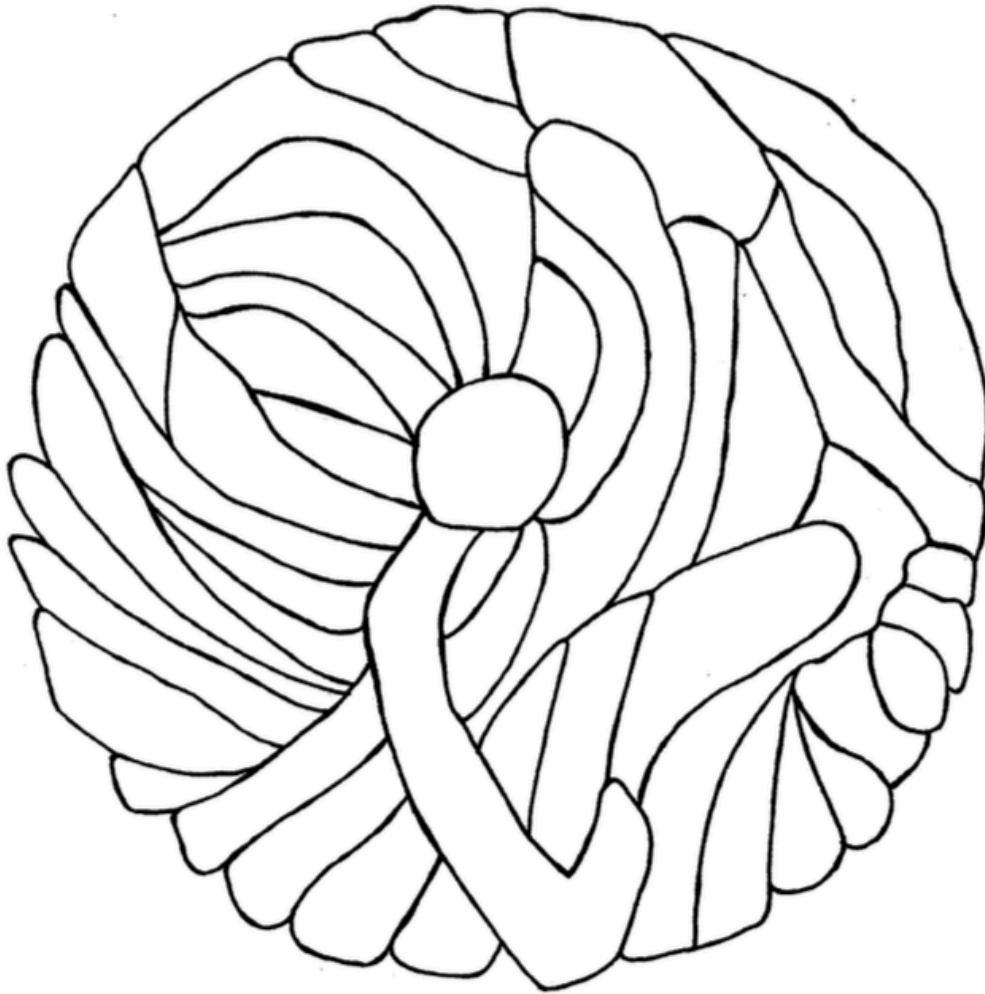


## Grief-A Tangled Ball of Emotions & Responses



The *Tangled Ball of Emotions* has been used in grief work for many years with the spaces already filled in with “feelings” words, with “denial” in the middle. In this version, I have left the ball blank allowing instead for the participant to fill in their own “feelings” or “responses” (because not everyone is an emoter/feeler) words in the ball. Perhaps you don’t have words but coloring with ball would express how you are coping. And over time the words/colors may change and having a number of “tangled balls” to compare may help you reflect on your journey.

Use this blank *Tangled Ball* in a way that is useful to you. Here is a list of possible feeling and/or response words as suggestions, but don’t feel limited to them.

confusion	anxiety	vindictiveness	loneliness	betrayal	fear	rage
despair	relief	abandonment	denial	inadequacy	woe	guilt
regret	yearning	resentment	apathy	depression	hurt	pain
sadness	jealousy	helplessness	dismay	anxiety	hope	loss
rejection	anguish	disappointment	sorrow	emptiness	envy	dread
unsettled	curiosity	gratitude	optimism	stoicism	blame	joy
shock	bitterness	distrust	panic	numbness	shame	weary
obsession	acceptance	finding new strengths	freedom	distancing	frustration	lost

\* Gratitude to Dr. Terri Daniel for insight into “response” vs “feelings” language.

