



Guided Free Association™ (slide 13)

1. Choose your focus word.
2. Repeat it silently in your mind for thirty seconds.
3. Set a timer for 5-15 minutes and start writing.
4. Remember to write freely, without edits, concern for what you're saying, or how your words look. This exercise is simply about digging up what is deep within.
5. Challenge yourself to write until the timer signals, no matter what direction your brain and heart take you. Allow yourself to flow without judgment.
6. If you find yourself wandering, return to your focus word for a few seconds, then go back to writing.
7. When your writing is complete, close your grief time for this moment. If you have lingering emotions, do something physical to finalize the release, then do something soothing.

My focus word:



FEELING WORDS (Slide 20)

Abandoned	Childish	Distrustful	Frightened
Aching	Choked Up	Disturbed	Free
Adequate	Clever	Divided	Full
Adamant	Clouded	Dominated	Fuming
Affectionate	Combative	Doubtful	Furious
Afraid	Comfortable	Downcast	
Airy	Competitive	Dreadful	Gallant
Alarmed	Complacent	Dreary	Glad
Ambivalent	Concerned	Dubious	Gloomy
Angry	Condemned	Dull	Glum
Annoyed	Confident	Dumb	Grateful
Anxious	Confused	Dumped on	Gratified
Apathetic	Conspicuous		Greedy
Appalled	Contented	Eager	Grief
apprehensive	Contrite	Ecstatic	Grieved
Ashamed	Courageous	Edgy	Grumpy
Astounded	Cozy	Elated	Guilty
Awed	Cross	Embarrassed	Gullible
	Cruel	Empty	
Bad	Crushed	Encouraged	Happy
Beautiful		Energetic	Hassled
Betrayed	Daring	Enraged	Hateful
Bitter	Dark	Enthusiastic	Heartbroken
Blissful	Deceitful	Envious	Heavy Hearted
Boiling	Defeated	Evasive	Helpful
Bold	Defiant	Excited	Helpless
Bored	Delighted	Evil	Hesitant
Brave	Depressed	Exhausted	High
Brisk	Despair	Exhilarated	High Spirited
Bright	Destructive		Homesick
Buoyant	Determined	Fainthearted	Honored
Burdened	Different	Fascinated	Hopeless
	Diminished	Fearful	Horrible
Calm	Disappointed	Fearless	Hurt
Capable	Discontented	Fidgety	Hysterical
Caring	Discouraged	Flat	
Cautious	Dismal	Flustered	Ignored
Challenged	Dismayed	Foolish	Immortal
Cheated	Distracted	Frantic	Impatient
Cheerful	Distraught	Frisky	Imposed upon
Cheerless	Distressed	Frustrated	Impressed



Indecisive	Nervous	Saucy	Threatened
Indignant	Nice	Scared	Timid
Infatuated	Nutty	Scattered	Tired
Infuriated		Secure	Torn
Injured	Obsessed	Serene	Tranquil
Insecure	Odd	Settled	Trapped
Inspired	Offended	Sexy	Trembling
Intimidated	Opposed	Shaky	Troubled
Intrigued	Outraged	Shocked	
Irate	Overwhelmed	Silly	Ugly
Irritated		Skeptical	Uncertain
Isolated	Painful	Small	Uneasy
Itchy	Panicked	Sneaky	Unhappy
	Paralyzed	Soft	Unsettled
Jealous	Pathetic	Solemn	Uptight
Jolly	Peaceful	Somber	Used
Joyless	Persecuted	Sorrowful	
Joyous	Petrified	Sorry	Violent
Jumpy	Playful	Sparkling	Vehement
	Pleased	Spiteful	Vulnerable
Kind	Powerless	Startled	Vivacious
	Pressured	Stringy	
Lazy	Pretty	Strange	Warm
Left out	Proud	Strong	Wavering
Lighthearted	Put down	Stuffed	Weak
Lively		Stupid	Wicked
Lonely	Quarrelsome	Stunned	Wiped out
Lost		Sullen	Woeful
Loving	Reassured	Sulky	Wonderful
Low	Refreshed	Sunny	Worked up
Lustful	Rejected	Supported	Worried
	Relaxed	Surprised	Worthless
Mad	Relieved	Sure	
Maudlin	Remorseful	Sympathetic	
Mean	Resistant		
Melancholy	Restless	Talkative	
Miserable	Reverent	Tempted	
Mixed-up	Rewarded	Tender	
Moody	Righteous	Tense	
Mournful	Run down	Tentative	
		Terrible	
Naughty	Sad	Terrified	
Needed	Satisfied	Thankful	



Regaining Forward Movement (Slide 26)

The goal of grief work is continued forward movement that takes a person from complete focus on the past, to the ability to balance staying in the present even while looking back, and, eventually, to the regained ability to envision, and work towards, the future. Sometimes, though, unexpected—and maybe invisible—roadblocks appear. Thanks to the impact grief has on the brain, the griever is consumed by that roadblock to the point of inability to see the way through. The griever fights against it. Pushes at it. Maybe even tries to ignore it. The griever is stuck, but not permanently.

Take some time to put words to your stuck-ness. What is its source? Are you stuck because to move forward means to let go, and you're not ready for that? Are you stuck because there's a part of the story you're not quite ready to hear? Are you stuck because you don't feel free to speak openly (to yourself, others, and/or God) about this aspect of your grief? Get real with yourself for a few moments and put your stuck-ness into words that are meaningful to you—they need not make sense to anyone else! Once you have a semblance of words, write them on a piece of dissolving paper. Write whatever is needed—in many words or few—so that the paper now holds what you need to release to regain forward movement.

Then, when you're ready follow these steps:

- Fill a bowl (or even the sink) with lukewarm water and stand before the water, holding the dissolving paper in your hands.
- Center yourself in the present moment. Take a few deep breaths and feel your feet on the floor. Focus your attention on what you wrote and prepare to release it. If it feels right to you, ask the Spirit to assist you and to empower you.
- When you sense you're ready, place the paper in the water and begin to swirl it. As you swirl it, say goodbye to that which held you back. As it dissolves, embrace the freedom from that burden.
- When the paper is fully dissolved, take a moment to solidify that release in your mind. Know that should any of it ever reappear, you can come back to this moment and remind yourself that you moved through that barrier.