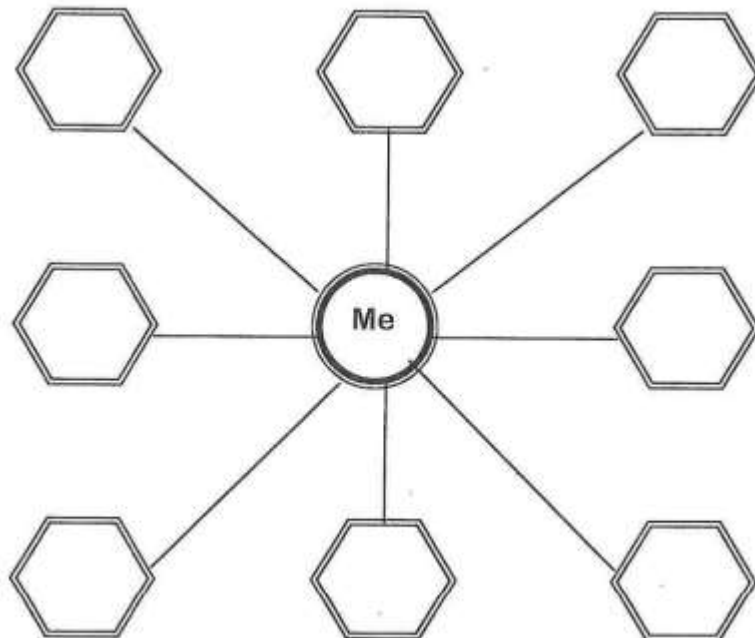


PERSONAL RELATIONSHIPS: THE IMPACT OF GRIEF, *expanded*

Using the diagram below, identify personal relationships that you have with other people.

- Write the name/relationship of a person in one of the hexagons.
- Then write a word on the line connecting the person to you that describes how that relationship makes you feel. For example, you could write *Julie/Sister* in the hexagon, then *Confidante*, or *Lonely* because she lives so far away on the top or left of the line to the center circle.
- Then underneath or right of the line, write how you think THEY feel when they think of you or see you, for example, *Encouraging*, or if one of your children, *Money tree, safety*. It's okay to be playful, but do try to include an emotional response.



- In the margin next to the hexagon, indicate what you want to do with the relationship. Example: *Nourish, Keep, Pause, Drop*. Then indicate an action to move in that direction either quickly or slowly. *Nourish* might mean mailing a note, calling weekly, visiting, or sending a gift. *Keep* the same might be calling monthly, or asking for help with an errand. *Pause* might mean we're not sure, so we'll accept their calls but not make any plans to get together for maybe 3 or 6 months, then write that date. *Drop* might be a toxic relationship that pulls you away from healing. If possible, just allow the relationship to end. Don't take their calls, don't initiate contact. It is usually not necessary to even tell them, but if you do, consider having a witness or other help.
- Allow yourself the freedom to choose. Whatever you decide will be right and can be changed. Are there other feelings, concerns, conflicts, or issues that you would like to address?