

What is Grief?

R I A O I J C Z M P A R A A H X K U E G C B T M
S O V G L J B T L Z T P A Z D A F J S Z A E T D
U A N T P N I R K A N C E Q X E C H E E E T S S
T R D H K R Y K O H C I M F E I L E B S I D V S
R W V N E F D X J F M P E L J Y U S L L H D N E
M T B D E W S V F K O E I G I H Q W E U V O V L
H A X H E S M S H C R N P K I N E C O A I Q F H
B H O M T G S E F O G D D V T V J E O S V Q E T
X A L F W K W T H H V W T Z D Q M U S X X S S R
G P I S H F Y X Q S J R D Z V P A E S B H V S O
Z U H O P E L E S S E C X J A M R J K T U Y Z W
R Q I H K I L F Z S H R U T S P G V B K I V C D
M X Q L R Z T U E U Q A H E E T F C L S C C U Y
S N D P T Y Q N F B Z Y N D X F W W X F A E E R
W C E A T L T L Q R D M U Z R V I W A W O E L S
Y S H Y J M V K O H A E R Q A L O N E L Y C Y W
U S Z J E J R B O R D E Z L E S R S P T G N X M
K Q H N C F V H W I C E T D F K R V K N B A R P
C M T T F K E C I U R V X O P A E C L R Q T Q A
F R V X O E Z I P A E S H R V I G J Y K W P U D
Y C S Z Q P G A R M E B F X H M N A J U C E X K
A N X I E T Y W E G J U Q S L N A M J T G C H O
O Z O O C O N F I D E N C E F K X O M U Q C T I
J U P R I W Y B P O R M Y O G P I F L F Q A V Y

Acceptance
Worthless
Feeling
Sadness
Shock

Confidence
Injustice
Tearful
Lonely
Anger

Resentment
Disbelief
Empathy
Grief
Guilt

Depression
Hopeless
Anxiety
Tired
Fear