

What Visualisation Would You Give Your Grief?

This exercise requires you to think about your grief in a visual form without using any words - you might like to draw, paint, sketch, mold it or use another artistic, creative outlet.

Find a quiet time where you can pause, reflect and be without interruption. Don't overthink it or apply any judgement to your creation, it isn't meant to be an artistic masterpiece.

It is your unique feeling of grief.

If you are stuck for ideas, you might want to personify your grief or think of it as an object. What does it look like to you? What is its shape? Is it fluid? How are the contours/angles? What colours represent it? Is it small/massive? What is its texture?

Or you might want to visualise how grief exists within your body. Where do you feel it the most? Does it move within your body? Does anything change it? Does it feel hot/cold/intense/achy/painful/numbing/releasing? What other sensations does it create? Does it come and go or is it constant? Maybe it would help to draw an image of yourself.

This exercise can be as simple as you like or as a detailed piece of art. As you move through your grief, you might want to come back and repeat the exercise and observe any differences.

