

# The **SECRET SAUCE** of **DOWNSIZING**



## Online Course Processing Your Emotions Module 2

### Grief Defined

There are two useful definitions of grief. The first helps you understand that grief is a normal and natural process. The second is one that can help you see that there are many kinds of loss in life that can cause grief. In fact, there are over 40 kinds of events in life that may bring up emotions of grief. Consider that feelings of loss are a result of unmet hopes, dreams, and expectations. There may also be some sense of wanting things to be (or have been) different, better, or more with others that were a part of this living space through the years.

Here are those two definitions:

- 1) Grief is the normal and natural reaction to loss of any kind.
- 2) Grief is also the conflicting feelings caused by the end of (or change in) a familiar pattern ([The Grief Recovery Handbook](#) by John James and Russell Friedman).



## ***What things in your life are changing?***

Jot those down here:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_



Below is a list of emotions – ***keep track over the next week*** to all that you are experiencing. Each evening take a moment to make a tick mark in the column next to it. Notice that each day may hold a range of emotion.

| Renewing Emotion | # times | Depleting Emotion | # times |
|------------------|---------|-------------------|---------|
| Care             |         | Aggressive        |         |
| Compassion       |         | Alienated         |         |
| Confident        |         | Angry             |         |
| Determined       |         | Annoyed           |         |
| Enthusiastic     |         | Anxious           |         |
| Excited          |         | Apathetic         |         |
| Forgiving        |         | Confused          |         |
| Grateful         |         | Disappointed      |         |
| Happy            |         | Discouraged       |         |
| Hopeful          |         | Disgusted         |         |
| Inspired         |         | Envious           |         |
| Joyful           |         | Guilty            |         |
| Loved            |         | Helpless          |         |
| Optimistic       |         | Humiliated        |         |
| Peaceful         |         | Hurt              |         |
| Proud            |         | Negative          |         |
| Relieved         |         | Regretful         |         |
| Serene           |         | Sad               |         |
| Surprised        |         | Shocked           |         |
| Thoughtful       |         | Stubborn          |         |
| Worthy           |         | Withdrawn         |         |

