

# Feelings of Loss

Losing someone close to you can bring up a lot of different feelings. Color in the feelings that you are currently experiencing.

GRATEFUL

LONELY

OVERWHELMED

EMPTY

GUILT

HATEFUL

SCARED

SHOCK

CALM

SURPRISED

HOPEFUL

ANGRY

HAPPY

SAD

IRRITABLE

NUMB

ANXIOUS

ABANDONED

DISAPPOINTED



What are some positive ways you can think of to cope with each of these feelings?



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