

Grief and Anger Together

Make space for the anger that comes with grief, without hiding it.

WHEN TO USE THIS

Use this when the grief feels more like fury than sadness.

Who or what are you angry at? Write it down without cleaning it up.

Doctors, family, the world, yourself, or them for leaving.

How much room is the anger taking up right now?

0

1

2

3

4

5

6

7

8

9

10

Hardly any

Almost all of it

Anger is part of grief for a lot of people. Being furious at someone for dying does not mean you loved them any less.

What is the anger standing next to? Fear, missing them, or something else?

The anger is grief too. It can be here without being aimed at anyone.