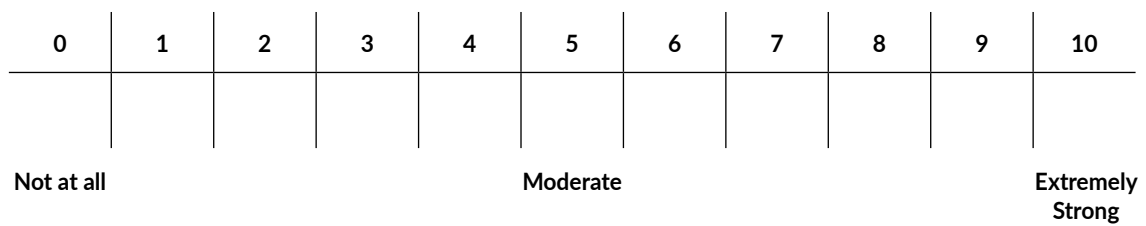


Emotions in Grieving

If you are suffering from grief, you may experience several different emotions. To help you understand the emotions you are going through, pay attention to how you are feeling each day and rate your emotions on a scale from 0 (not at all) to 10 (extremely strong).

Date: dd/mm/yyyy



Emotion	Rating (0-10)
Anger	
Sadness	
Fear	
Joy	
Guilt	
Excitement	
Hopelessness	
Dread	
Hope	