



What is Goodbye?
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When people experience grief, they fluctuate between worlds of emotions. Sometimes it helps to recognize what they are and put a name to it.

Below the graph you'll find a list of emotions—put them in the box where you think they correspond to how Jerilyn and Jesse felt for each event. If you want, name the emotions you also experienced during similar events.

	News	Funeral	Fear	1st Day Back	Regrets	Places	Visit	Anniversary	Memories
Jesse									
Jerilyn									
You									

- | | | | | | | |
|-----------|---------|----------|--------------|-------------|-----------|----------|
| angry | afraid | annoyed | belligerent | cooperative | comforted | confused |
| depressed | hopeful | hurt | impatient | insecure | left out | lonely |
| pleased | proud | relieved | resentful | secure | stubborn | touchy |
| contented | loving | useless | disappointed | obstinate | warm | |