UNTANGLING MESSY GRIEF EMOTIONS CAN TAKE TIME...
WITHDRAWN
SAD
FURY
MISERY
SORROW
SUICIDAL
TEARFUL
AGITATED
OVERWHELMED
GUILTY
ABANDONED
WOE
PAIN
CRAZY
TIRED
NUMB
LOW
HOPEFUL
LOST
FEAR
FROZEN
REGRET
SHORT-TEMPERED
ANGRY
PEACEFUL
DESPAIRING
IRRITABLE
ANGUISH
MUDDLED
SHOCKED
JOY
FREE
CONFUSED
SHUT DOWN
AGONY
PANIC
THANKFUL
WOUND UP
NOSTALGIC
HOPELESS
EXHAUSTED
GLOOMY
STUNNED
DISTRAUGHT
DISAPPOINTED
RELIEVED
EMPTY
SCARED
HEART-BROKEN
LONELY
INCONSOLABLE
DISTRESSED
HOLLOW
STUCK
DENIAL
DEFEATED
ANXIOUS
PEACEFUL
DEPRESSED
DISBELIEF
ISOLATED
FORGETFUL
WISTFUL
PAIN
@www.daretosoartherapy.com