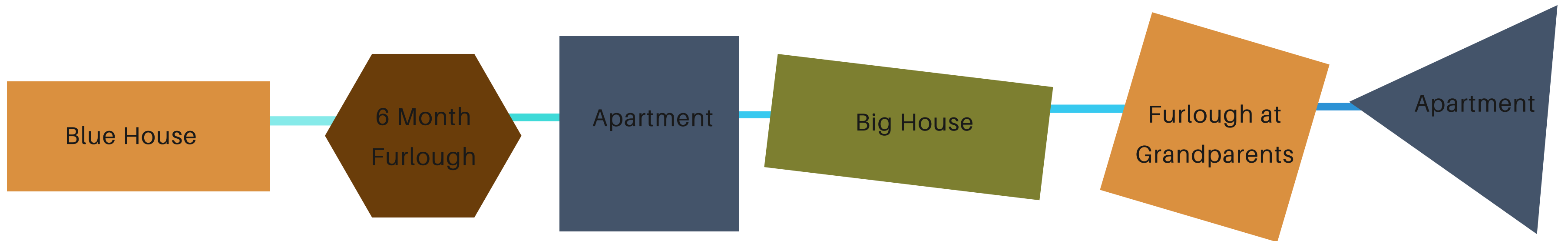
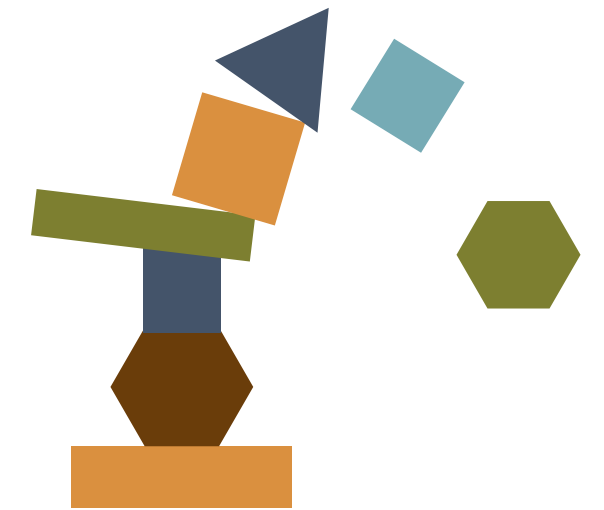


# GRIEF TOWER TIMELINE

A Tool for Grief Processing



**Step 1:** Create a timeline of all places lived, even if only briefly

**Step 2:** Write down two emotions for each block

**Step 3:** Write down memories associated with those emotions

**Step 4:** Circle the most difficult block

**Step 5:** Process each block