

Creating Your Grief Tower Timeline

Step 1: Create a timeline by drawing blocks for every move (including furloughs), significant losses, significant difficult events, seasons of grief, intense moments of fear, and family crises

Step 2: Write or draw two emotions that you would use to describe each block

Step 3: Circle the block that was the hardest of all

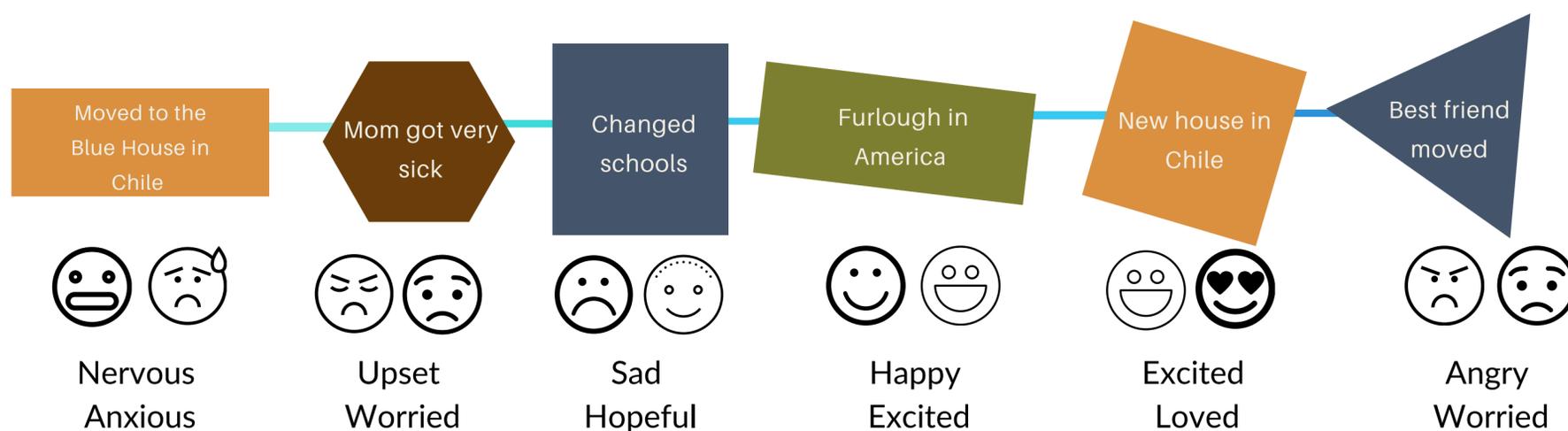
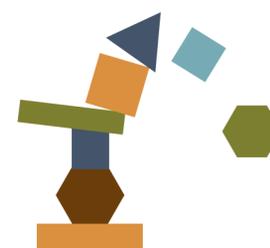
Step 4: Circle the most difficult block

Step 5: Decide how you're going to process each block

Example

GRIEF TOWER TIMELINE

A Tool for Grief Processing



HOW DO YOU UNSTACK THE GRIEF TOWER?

Art Processing

Verbal Processing

Journaling

Exercise Processing

Nature Processing

HOW DO YOU PROCESS?

What emotions did I feel in that
moment/season?

How did it feel in my body?

How has it influenced my thought
processes going forward?

How has it influenced my actions going
forward?

What do I want to take from the experience
and what do I want to leave behind?

Do I need outside help to move forward in
a healthy way?

Grief Tower Timeline Journal Processing

Choose one block from your Grief Tower to think about. Think about that season by closing your eyes, going for a walk, drinking some tea, etc. Write through the following prompts on these pages or in a journal.

Grief Tower Timeline Block _____

What emotions did I feel in that season?

How did it feel in my body?

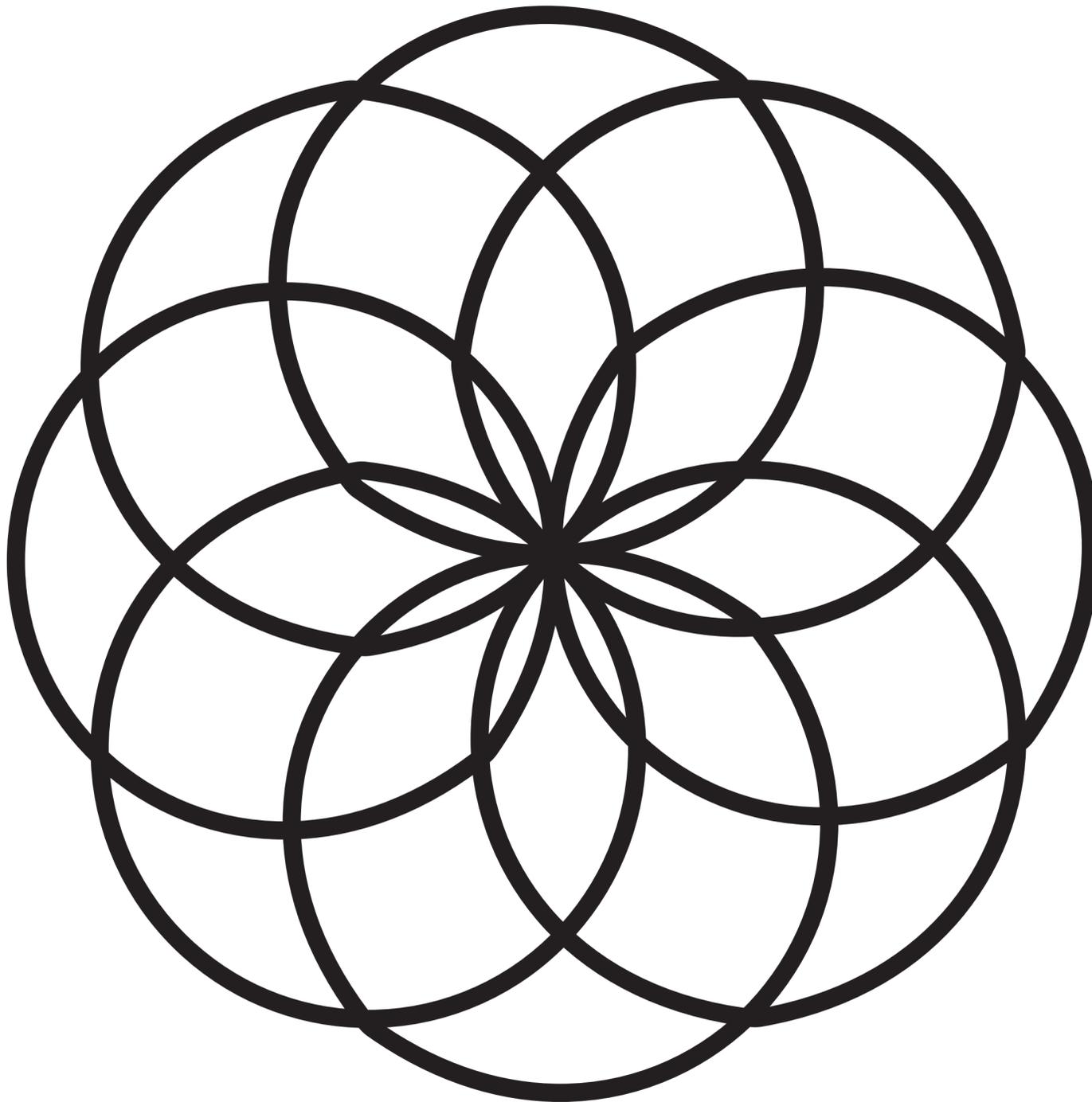
How has it influenced my thought processes going forward?

How has that season influenced my actions going forward?

What do I want to take from the experience and what do I want to leave behind?

What do I need in order to move forward in a healthy way?

Grief Tower Timeline Art Processing



Grief Tower Timeline Block _____

Primary Emotions _____

Color the mandala using colors that represent the primary emotions of that season. Think of all of the reasons behind those emotions. What was happening? Who were your closest relationships at that point? What do you remember feeling in your body? What were your coping mechanisms? How did that season influenced your thought processes and actions going forward? What do you want to take from it and what do you want to leave behind?