



Many
Emotions.
One Love.

Tangled Ball of Grief

A visual model of the emotions, expressions, and experiences of grief



*All of these strands are part of the same experience.
Grief is not a straight line. It is a tangled ball.*

*Grief is
the price
of love.*



CORE OF THE BALL

- A response to loss
- A reflection of connection



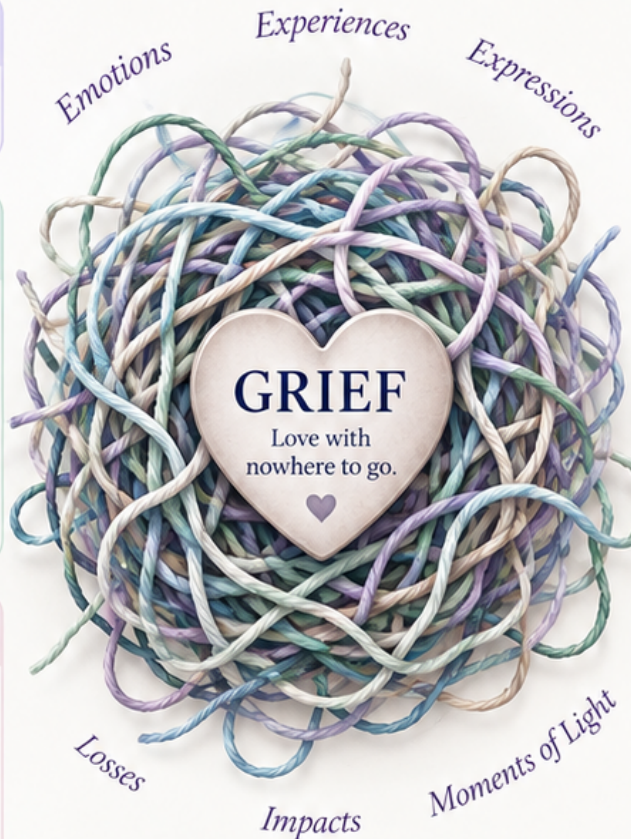
PRIMARY EMOTIONAL THREADS

- Sadness
- Anger
- Guilt
- Loneliness
- Fear
- Confusion
- Shock
- Yearning



SECONDARY EMOTIONS

- Regret
- Relief
- Anxiety
- Bitterness
- Numbness
- Helplessness
- Disbelief
- Emptiness
- Jealousy
- Abandonment



EXPRESSIONS OF GRIEF

- Crying or inability to cry
- Isolation or withdrawal
- Talking about the loved one
- Avoidance of reminders
- Searching for signs, dreams, memories
- Changes in sleep or appetite
- Difficulty concentrating
- Physical exhaustion
- Restlessness



PHYSICAL & MENTAL IMPACT

- Brain fog
- Forgetfulness
- Tight chest
- Fatigue
- Headaches
- Body aches
- Immune strain



INVISIBLE THREADS

- Loss of identity
- Future dreams
- Safety
- Spiritual questions
- Changed relationships



MOMENTS OF LIGHT

- Love
- Memories
- Gratitude
- Meaning
- Connection
- Growth
- Compassion

*"You do not untangle grief."
You learn to carry it.*



KEY UNDERSTANDING

Grief is not a straight line. It is not a series of stages to complete. It is a tangled ball of thoughts, emotions, and experiences that tightens at times, loosens at times, and changes shape over time.
You do not untangle grief. You learn to carry it.



*Grief can feel overwhelming because
so many thoughts, feelings, and changes
are happening at the same time.
Every strand matters. Every feeling is valid.*

