

## One activity from session 1

Take a moment to set the intention to create a safe space to explore the concept that everything has changed, and we have a new reality from the one we had in the past. However, trauma tends to magnify the negativity in our every day lives when we are going through the motions and not stopping to process where we are and where we want to go. For this activity, we want to highlight that while we have negatives, we still have more positives than we might realize.

Supplies: pen and paper. You can make this as involved or as simple as you like.

Directions: Ask the participants to think for a moment on their life NOW. We just discussed the first need of mourning and are in a space of reflection. How is our life different? In what ways has it changed? How have we changed?

Instruct participants: "Draw a circle in the center of your page. Inside the circle write as many positive things as you can think of about your life now. When you are finished, set down your pen and wait for the next instruction." Assure them there is no right or wrong to this activity.

When all participants put down their pens, instruct them again: "Outside of the circle you have drawn, write down the negatives that you perceive to be in your life now. When you are done, turn your paper over."

When all the papers are turned over, ask questions:

1. What did you notice doing this exercise?  
Build additional questions, let group share.
2. Where do you feel it in your body when you are focused on the positives? The negatives?
3. Did you discover anything new about yourself?
4. How might this change as you move along your grief journey?

Let participants share freely but do not call them out. If someone doesn't speak, it's ok to ask them if they'd like to share, but it is not ok to ask a direct question. The safety of the room is compromised when we call out participants. Use silence to encourage discussion or reframe the question.