

Week 1

Naming grief:
Understanding its changing shapes.



Grief comes in waves. Let yourself float, not fight.

What this week explores:

Grief doesn't move in straight lines. It rises, falls, repeats - a living process. This week is about naming your grief and beginning to understand its changing shapes.



Thought Prompt:

In what ways has grief surprised me?

This Week's Reading:

Grief has no clear beginning or end. It shifts shape; sometimes soft, sometimes sharp, sometimes almost invisible until something stirs it again. Many people imagine grief as a straight road toward acceptance, but it's more like the tide: it recedes and returns, washing through us in waves.

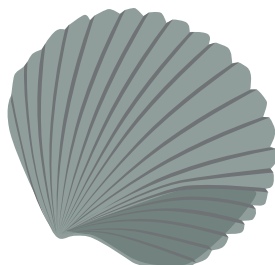
This week is about naming your grief and starting to recognise how it moves through your days. There may be moments of disbelief, numbness or confusion. You might feel "okay" one hour and undone the next. That doesn't mean you're going backwards, it means your heart is doing its slow work.

Try to notice how grief shows up in your body or thoughts without judging it. You might write, draw or simply breathe with what's there. The aim isn't to understand it all; only to begin noticing its changing shape and to allow it to exist as it is.



Week 2

Gentle Protection: The Protective Numbness of Denial



Denial isn't failure... it's protection

What this week explores:

In the early days of loss, the mind protects us from pain too sharp to feel all at once. Denial helps us survive what feels unbearable.



Journal Prompt:

Write a compassionate letter to yourself for surviving the early days of grief.

This Week's Reading:

Denial and emotional numbness often arrive early in grief; not as signs of avoidance, but as a form of gentle protection. Your system can only feel so much at once, so it softens the edges of pain until you're ready to hold more.

This protective layer might look like feeling detached, confused or like life is happening at a distance. That's not wrong or cold; it's your body's way of pacing the overwhelm. You're still grieving, just less obviously.

If you notice yourself "switching off," try to meet that response with understanding, not frustration. There's wisdom in the part of you that's keeping things safe right now. Over time, as safety grows, numbness gives way to more feeling. Trust that your grief knows when and how to unfold.

Week 3

The Fire Within: The Fire of Anger and the Search for Fairness



Anger is love's fierce defender.

Pause. Breathe. You're allowed to feel this.

What this week explores:

Anger often guards the soft heart beneath. It speaks of injustice, longing and love that has nowhere to go. This week we listen to what anger wants to say.

Try this reflection:

What does my anger want me to know or protect?



This Week's Reading:

Anger is often misunderstood in grief. It can feel frightening, inappropriate or exhausting; yet it's a sign of love and protest. Anger speaks to the deep unfairness of loss and the ache of powerlessness. It says, "This mattered. This shouldn't have happened."

Sometimes anger points outward, sometimes inward. It may mask sadness or protect tenderness underneath. Rather than pushing it away, try to listen: what truth does this anger carry? What is it defending or trying to make sense of?

You might find it helpful to express anger safely; through writing, movement or talking it aloud. Remember, anger doesn't make you ungrateful or unkind; it makes you human. Beneath every flame is a wish for something that mattered deeply.



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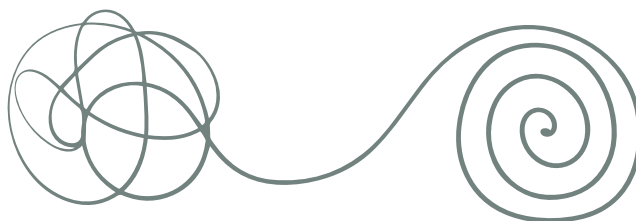


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Week 4

If Onlys & Whys

The Bargaining Mind: If Only, What If



The mind searches for control when the heart breaks.

What this week explores:

Bargaining is our attempt to make sense of the senseless. The mind replays moments, imagining how it could have been different. Let's meet those thoughts with compassion, not blame.



Reframe :

If I spoke to myself as I would a friend, what would I say about this loss?

This Week's Reading:

The bargaining mind searches for answers when life feels unanswerable. It replays moments, rewrites choices, and whispers "if only." It's trying to restore a sense of control, to make unbearable loss somehow make sense.

This mental loop can feel painful, even punishing. But behind every "what if" is love, a wish to have done more, to have changed what couldn't be changed.

If you notice guilt or regret rising, try to meet it with compassion. You made choices with the knowledge and capacity you had then. Hindsight shows us what we couldn't have seen at the time. Gently remind yourself: You did the best you could in impossible circumstances.

Let this week be an invitation to soften those inner negotiations and begin offering yourself the grace you already deserve.

Week 5

Quiet Sadness

The Weight and Wisdom of Sadness



Sadness is love with nowhere to go.

What this week explores:

There's wisdom in stillness. Sadness invites slowing down, allowing tears and tending to what hurts without rushing to fix it.



Gentle Activity:

Create a "Comfort Menu" - small rituals, songs or moments that bring warmth.

This Week's Reading:

Sadness is the heart's way of honouring what was lost. It arrives quietly, asking for space; not to fix or to change, but simply to be felt. Many people resist sadness, fearing it means they're "stuck" or doing something wrong. In truth, it's a sign that love is still alive within you.

This week, allow the heaviness without rushing it away. Notice where sadness sits: perhaps in your chest, your throat or behind your eyes. Offer it gentleness: rest, stillness, a walk, maybe a cup of tea. Sadness slows us down so we can tend to what matters.

You might find comfort in small rituals; lighting a candle, writing a few lines or listening to music that understands. Sadness is sacred work. Let it move through you as it needs to, trusting that it's part of the healing, not the end of it.

Week 6

Continuing Bonds

Meaning, Integration and Continuing Bonds



Love doesn't end; it transforms.

What this week explores:

Acceptance isn't letting go, it's learning to hold love differently. This week focuses on creating meaning and continuing your bond in new ways.



Try this reflection:

How can I carry their memory forward in ways that feel gentle and true?

This Week's Reading:

Grief doesn't ask us to let go; it asks us to hold differently. The love that once connected you hasn't disappeared; it has changed form. Meaning-making begins when we find ways to carry that bond forward into the life that remains.

This might look like telling their stories, carrying their values or simply remembering them in moments of quiet joy. Healing doesn't mean forgetting, it means living with both sorrow and gratitude in the same breath.

Take time this week to consider what "continuing connection" means for you. Perhaps there's a ritual, a photo or a piece of writing that feels grounding. As you move forward, know that grief will revisit you at times, but it will also deepen your capacity for love, empathy and presence.

Your bond continues, woven gently into who you're becoming.



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