

# GriefPlan.com

## with Dr. Jason Troyer



This worksheet is part of the **GriefPlan: Heal, Remember, & Rebuild Program** created by Dr. Jason Troyer. This worksheet is copyrighted by Dr. Jason Troyer and may only be used by individuals in the GriefPlan Program. This worksheet and other GriefPlan materials may not be sold, copied, or distributed without the permission of Dr. Jason Troyer. Please see **GriefPlan.com** for more details about the program and free resources.

## Healing with Creative Expressions

Because death often feels so destructive, it can be helpful to make some creative and/or beautiful as part of our grief. Like the other 6 Tools, creating meaningful items helps you put your thoughts and emotions into action.

### Examples of Creative Expressions

- Photo album, collage, or video
- Quilting, knitting, or other fabric work
- Painting & drawing
- Writing a story or poem
- Singing or writing a song
- Woodworking or metal-crafting
- Planting or tending a garden
- Photography

### Other Considerations

- Is there a new hobby you have always wanted to learn or try?
- What will you do with the item? Keep it? Give it to someone else?
- Is this a task you want to do alone or can involve someone else?
- How can your creative expression be part of your healing process?

### Journaling Prompts

What is an old skill or hobby that you can use? What new hobby or skill would you like to learn? What do you plan to make? How was your loss destructive to you? How can you symbolically create something that reverses this destruction?