

EVENT



RELEASE



how then?

Forgiveness

- Relief
- Reconciliation
- Meaning
- Transformation

Shock
Denial
Numbness

EMOTIONAL PAIN

- ANGER
- ANXIETY
- GUILT/REGRET
- SADNESS
- DEPRESSION
- CRAZY
- FOGGY BRAIN

DECONSTRUCTION

- Layers
- Unbecoming
- Build core

why?

waves of grief

WILDERNESS

