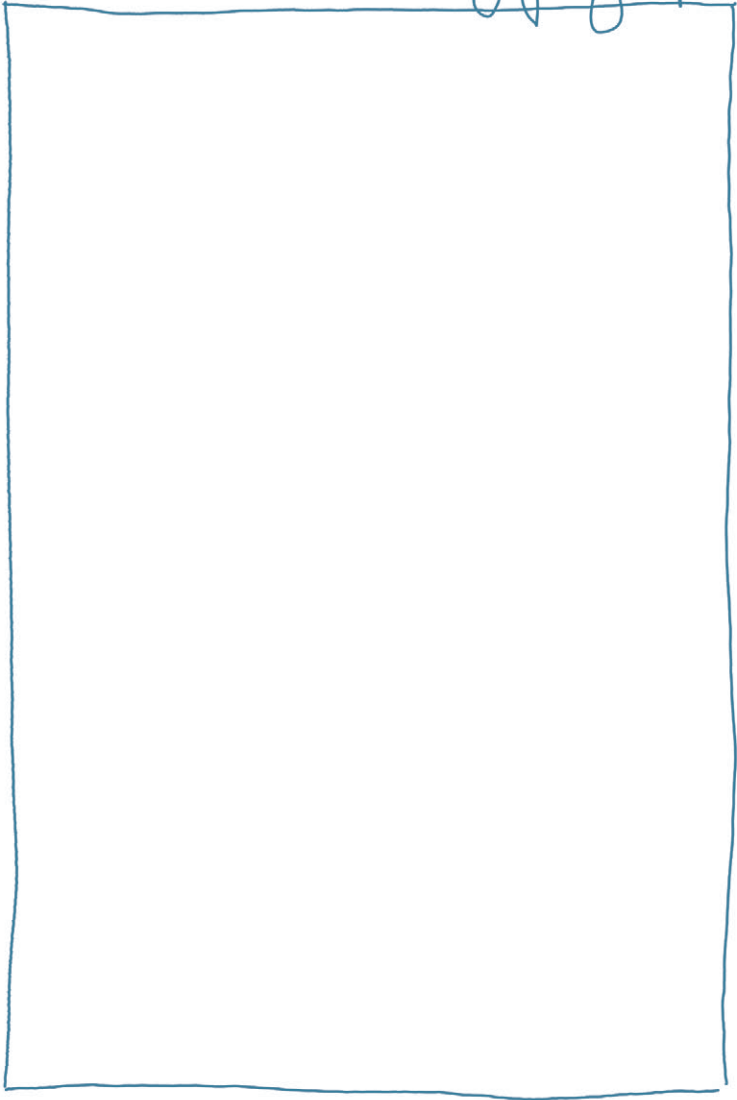


*mapping sorrow*

my grief map:



Please share your map with me and encourage your fellow companions in sorrow. Tag me @companioninsorrow and be sure to use #whenmountainscrumble. If you're struggling to get started on your map, that's a great place to find inspiration too!



In the space below, scribble your pain back and forth. Get some of that frustration out. Use crayons or colors if you want. I choose red.

*when rocks cry out*

Let's take time to remember. First, draw a pile of rubble and crumbled stones at the bottom of the drawing area. Label some of these rocks with names. Maybe hopelessness, fear, anxiety, despair, insecurity . . . there are many rocks you can choose from.

