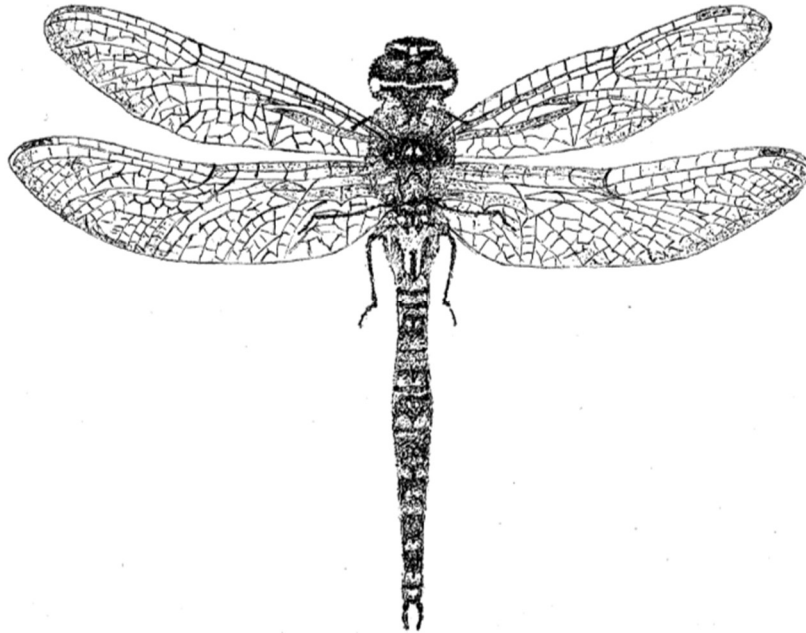


Dictionary of Emotions



loss
delayed grief
healing as writing
connecting and feeling connected
miracle

Invitation

Emotions

Fear of feeling is a theme familiar to many people experiencing delayed grief. You've been in survival mode since the loss of your parent(s) and the experiences that followed. This may mean you've sought ways to avoid your feelings – to hide them away. The paths you've taken have become detours to distract you from your feelings. Over the years, feeling has become a terrifying prospect. You automatically choose to avoid your feelings. 'I can't live life to the full.' And that's true. Living life to the full involves all kinds of feelings. Including the feelings you've been avoiding your whole life.

Dictionary of Emotions

The Dictionary of Emotions offers you the chance to explore your feelings in a playful, creative way. What do they mean to you right now? How do they affect you? As you work through it, you'll not only get to know your feelings better, but you'll also get to know yourself better.

Time, space and love

Work at your own pace. Make time and space for yourself. Your feelings are worth it. They are valuable. They deserve your time. Your attention. Your love. Turn your Dictionary of Feelings into a beautiful whole. Print out the exercises on good-quality, attractive A4 paper. Be mindful. Take your time. Create a peaceful atmosphere around you, so that short poems can appear to light your path.

Bind the pages into a beautiful, colourful book. A book that you'll enjoy taking out again and again for years to come. One that shows you the way and invites you to check in with yourself once more: how am I doing? What do I need to move forward?

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Instructions

Colours

The colour scheme of this booklet follows the colours of the rainbow – or, if you prefer, the colours of the chakras:

Red
Orange
Yellow
Green
Blue
Purple
Violet

Words

The corresponding words for this booklet:

Security	-	red (1st chakra)
Desire	-	orange (2nd chakra)
Courage	-	yellow (3rd chakra)
Love	-	green (4th chakra)
Sharing	-	blue (5th chakra)
Feeling	-	purple (6th chakra)
Silence	-	violet (7th chakra)

Mandalas

- Collect magazines;
- Look through the magazines for shades of red that appeal to you;
- Tear these shades of red out of the magazines;
- Tear what you've cut out into smaller scraps;
- Stick the scraps inside the circle, but make sure the word 'SAFE' remains visible within the circle. Feel free to do this however you like;

Words

1.
 - Think of associations with the word 'SAFE' whilst you work.
 - Write down the words or phrases that come to mind on the page provided: ASSOCIATIONS.
2.
 - Underline the words on the ASSOCIATIONS page that appeal to you most at this moment;
 - Write the words you have underlined in a separate list on the WORDS page;
 - Go through the list of words again. Which words would you like to use in a short poem? Underline the words you would like to use;
 - Write that list again on the WORDS page.

Short poem

- Use these words in a short poem about SECURITY;
- Write the short poem (or one or more short poems) on the SHORT POEMS page;
- Use the guide HOW DO I WRITE A SHORT POEM?

Continuation: colours and words

- Work in the same way with the colours orange (DESIRE), yellow (COURAGE), green (LOVE), blue (SHARING), purple (EMOTION) and violet (SILENCE).

NB: There is no right or wrong. Make your own choices. Trust yourself.

SECURITY

SECURITY: associations



Words



Short poem(s)



DESIRE

DESIRE: associations



Words



Short poem(s)



COURAGE

COURAGE: associations

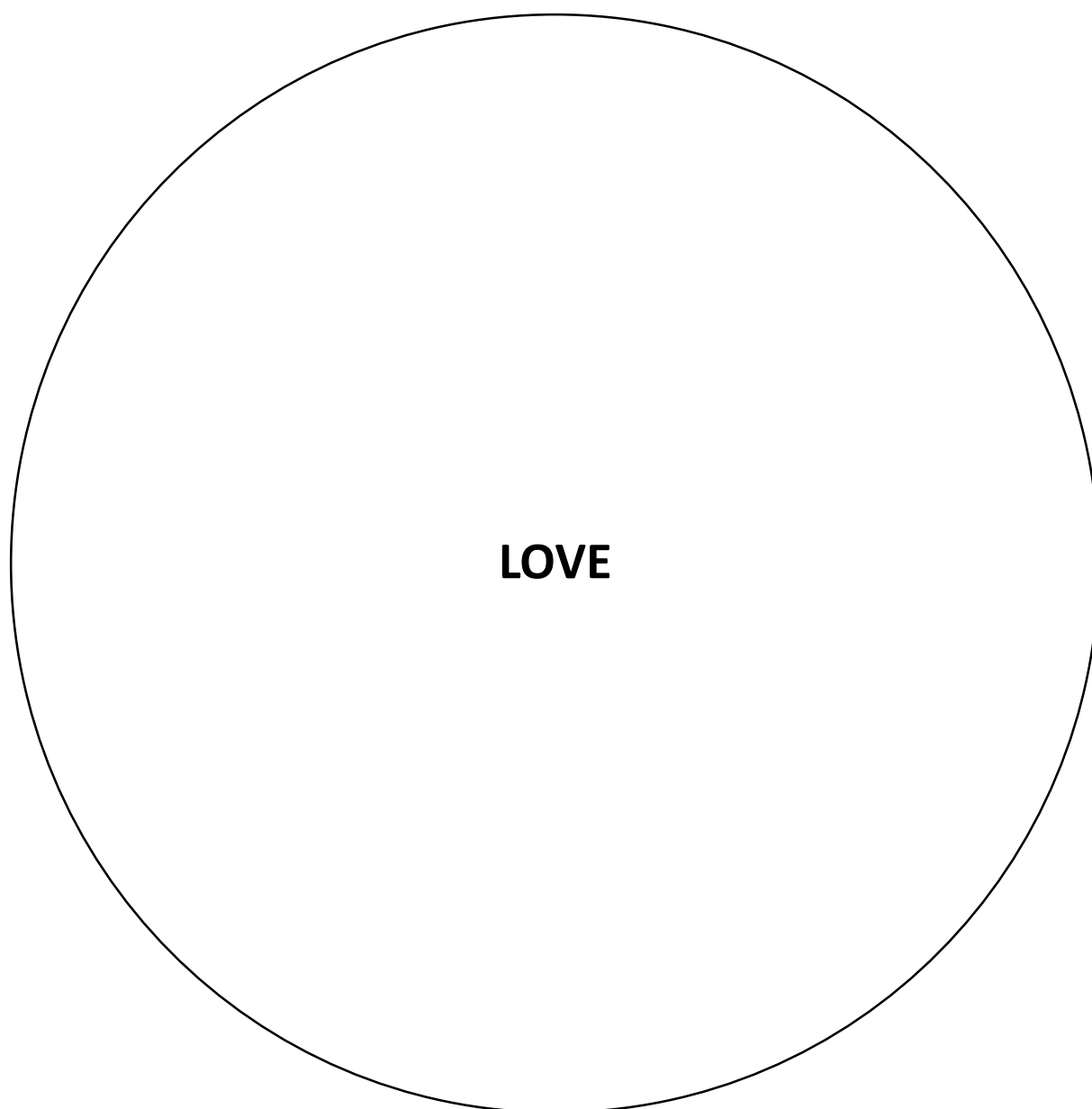


Words



Short poem(s)





LOVE: associations



Words



Short poem(s)



SHARING

SHARING: associations

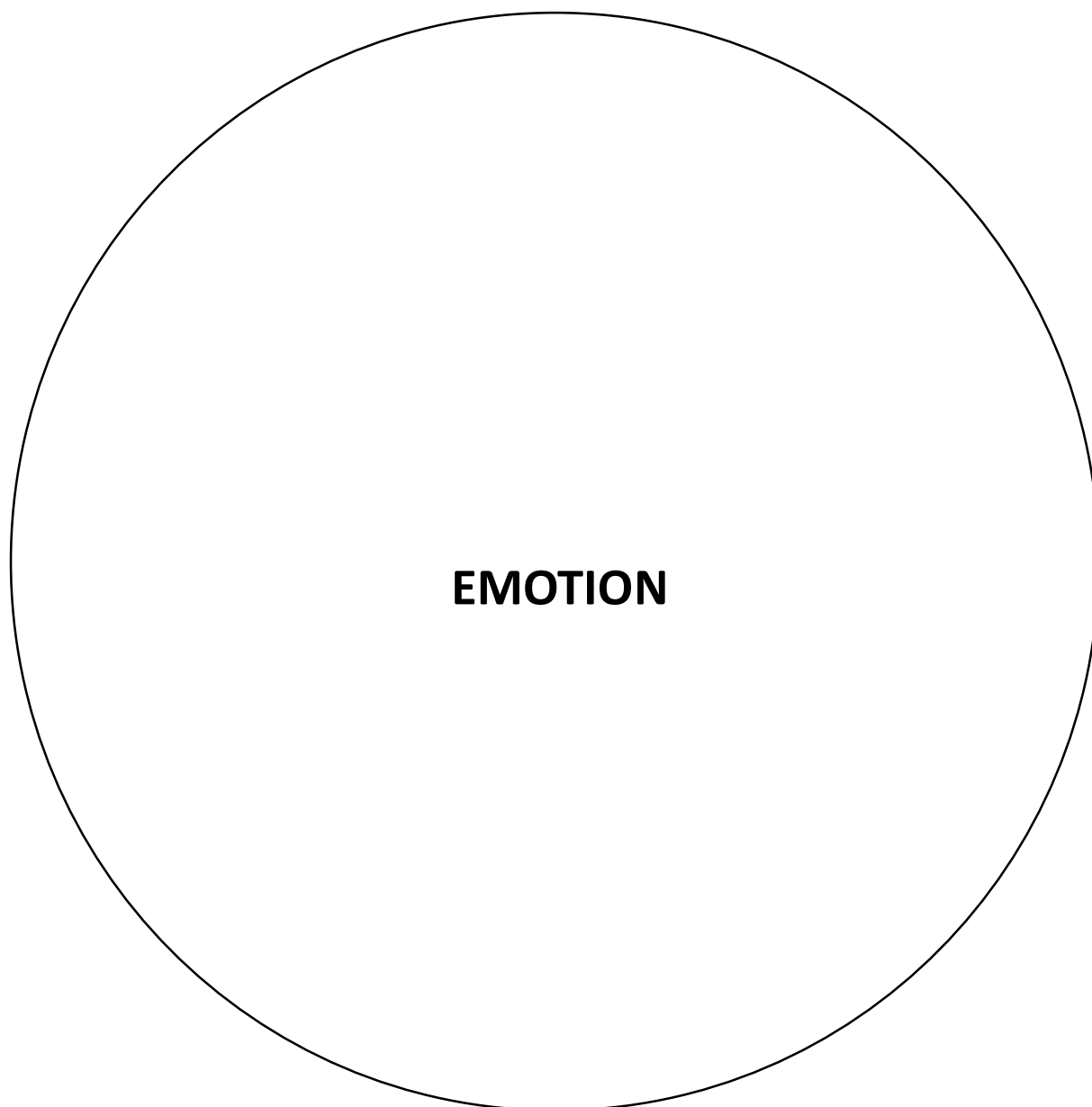


Words



Short poem(s)





EMOTION: associations



Words



Short poem(s)



SILENCE

SILENCE: associations



Words



Short poem(s)

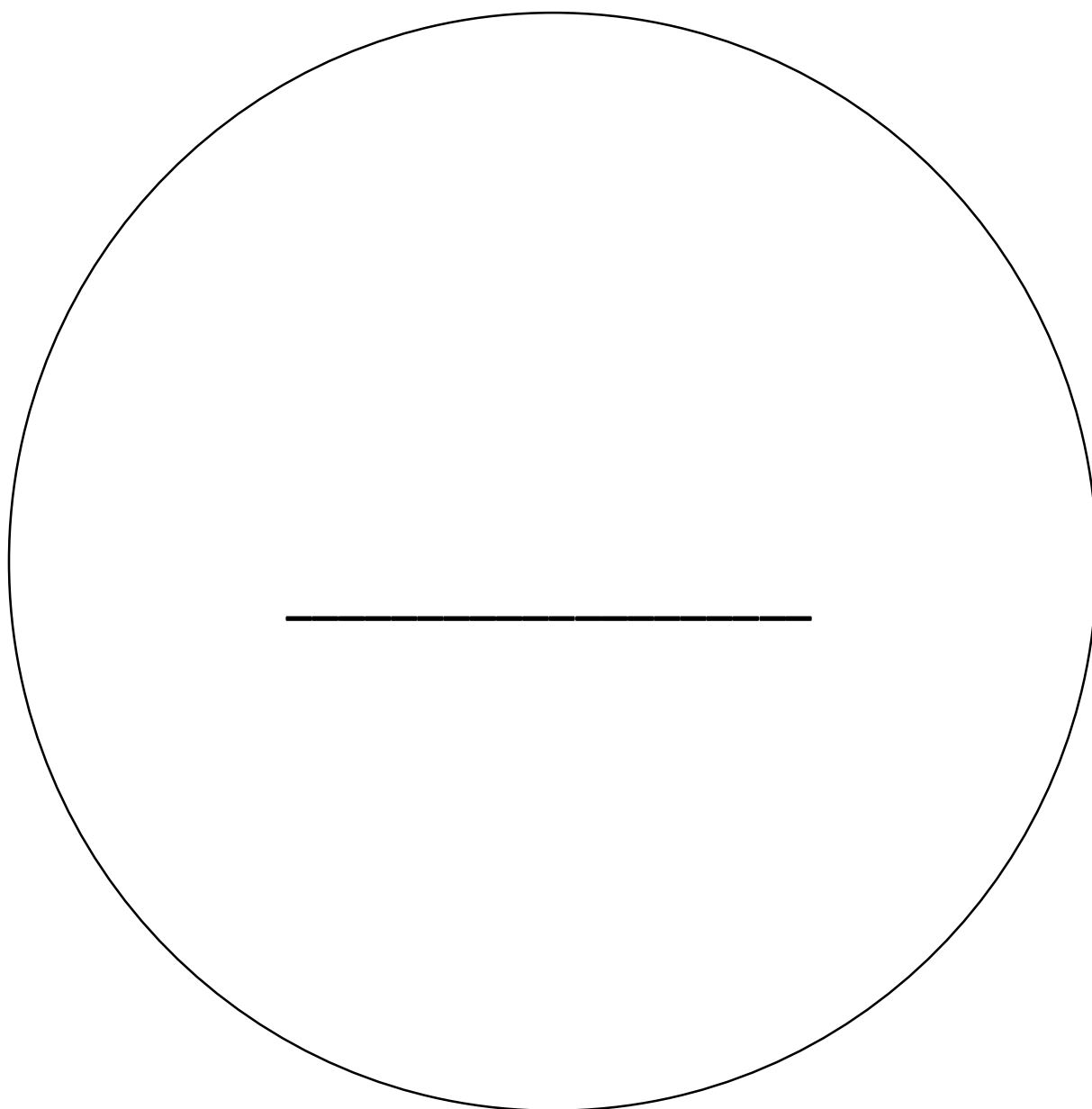


In other words

Use 'In other words' in the same way. Assign the words in 'In other words' the place (the colour) that you yourself wish to give them.

- Trust
- Movement
- Self-esteem
- Happiness
- Balance
- Creativity
- Intuition
- Dream
- Victory
- Home
- Happiness
- Pride
- Gentle
- Sadness
- Memory
- Responsibility
- Celebration
- Vitality
- Secret

Add any emotional words that have come to mind whilst you've been working.



_____ : associations



Words



Short poem(s)



How to write a short poem?

A short poem is a simple, compact form of poetry consisting of eleven words.

The words are arranged as follows:

the first line: one word

the second line: two words

the third line: three words

the fourth line: four words

the fifth line: one word, which sums up the poem

so:

WORD

WORD WORD

WORD WORD WORD

WORD WORD WORD WORD

WORD (summarises the poem)

healing

as writing

a new beginning

connecting mind and heart

flow

Dictionary of Emotions



Idea: Titia Liese

Design: Titia Liese and Stephanie Braggaar

Download: www.kenniscentrumverlaatverdriet.info

Expected outcome

- All the care, love and attention you devote to your own Dictionary of Emotions are gifts you give yourself;
- Working with mandalas is healing for your central nervous system;
- The loose scraps of paper that you first tore up, then stuck together like a jigsaw puzzle according to your own insight, are part of a healing (grief) process: gathering the pieces of your life, fitting them together, and connecting them;
- Working with the colours of the rainbow is a soothing activity;
- Putting feelings into words is a unifying form of self-exploration.

Tip

- We are making this booklet available free of charge to those experiencing 'Verlaat Verdriet', and to anyone else who wishes to work with it;
- Work through this booklet yourself, or take it to your therapist for inspiration.

healing

as writing

a new beginning

connecting mind and heart

flow