

## What is GRIEF?

- G** GRUELLING → “Extremely tiring and demanding.”
- R** REFLECTIVE → “Relating to or characterized by deep thought.”
- I** ISOLATING → “Having the effect of making a person feel or be alone or  
apart from others.”
- E** ENDURING → “Continuing or long lasting.”
- F** FERVENT → “Showing great intensity of spirit.”

“With all that GRIEF ushers into our lives, judging ourselves or allowing others to judge us, is utterly unfair.”

-Alison Smith