



GRIEF, TRAUMA & YOUR MAMA™

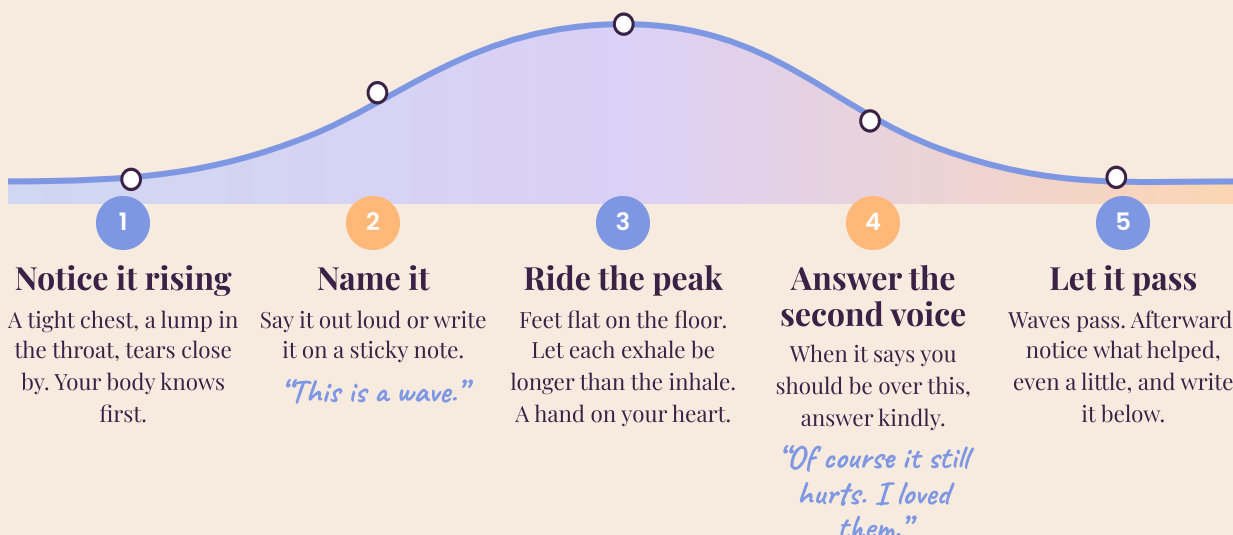
FOR THE LOUD DAYS

NAME THE WAVE



Grief moves in waves because attachment does. The part of you that loved them keeps reaching for them, softly some days and strongly on others. A wave can rise from a song, a smell, or a date on the calendar. It rises, it peaks, and it passes. Here is a way to move through one.

ONE WAVE, FIVE STEPS



A wave is your love, still reaching.

Over time the waves tend to come further apart, even when one feels as big as the first.

MY LOUD-DAY LIST · THREE THINGS THAT HELP, EVEN A LITTLE

1. _____ 2. _____ 3. _____

NOTICE

What brought this wave? Where do I feel it in my body?

NOTICE

What does the second voice say, and what would I say to a friend instead?

Draws on the oscillation in the Dual Process Model (Stroebe & Schut, 1999) and Mary-Frances O'Connor, *The Grieving Brain* (2022). For education and reflection. It does not replace individual care.