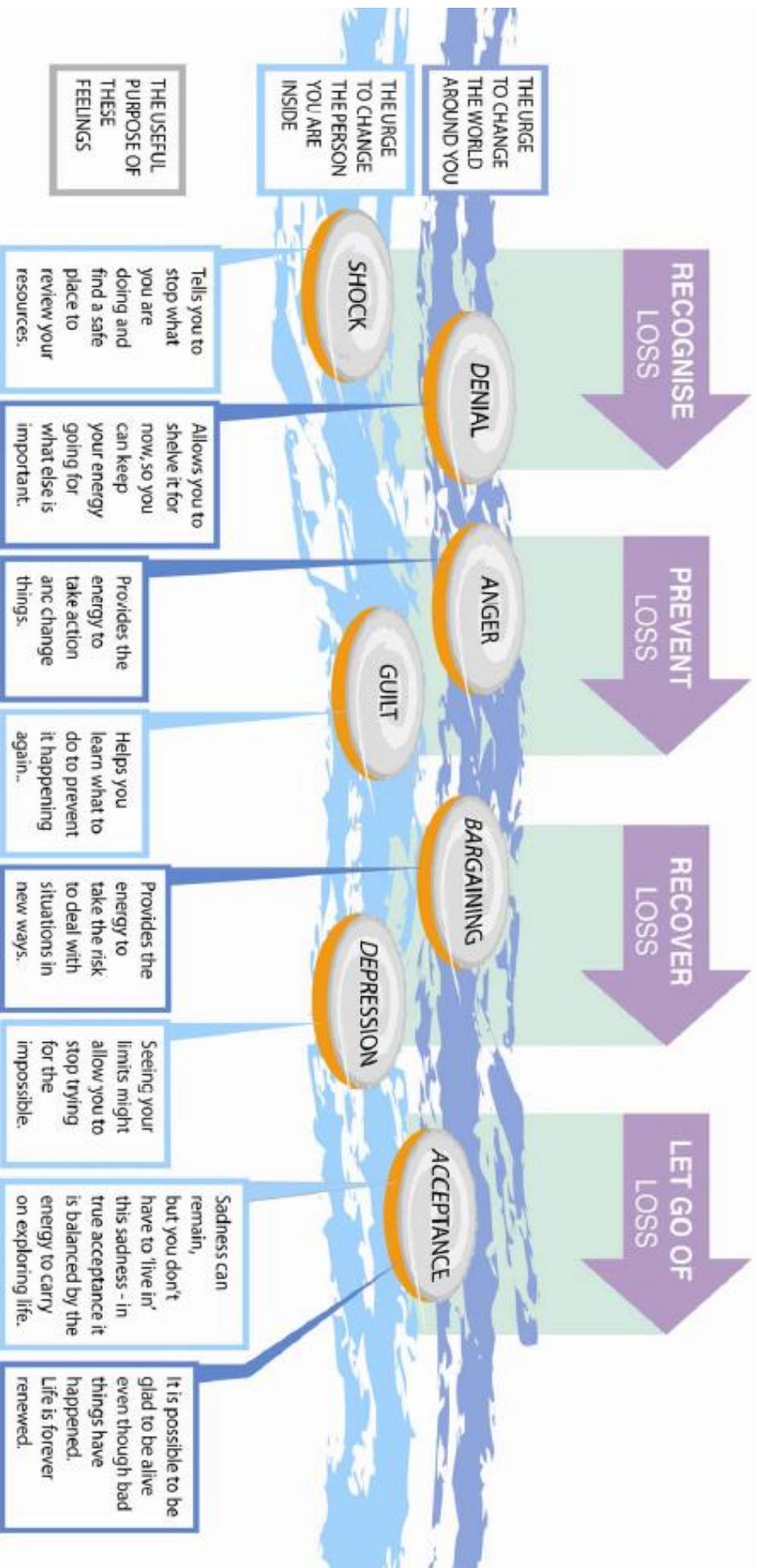


# Turning Points as you adjust to change



# Grieving about my grief

## Behaviours and emotional states that emerge from whirlpools of loss emotions

When a person experiences two emotional 'Stepping Stones' of grieving *at the same time*, neither can prepare him or her to fulfil their useful purposes. They generate distress or tension deep within.

