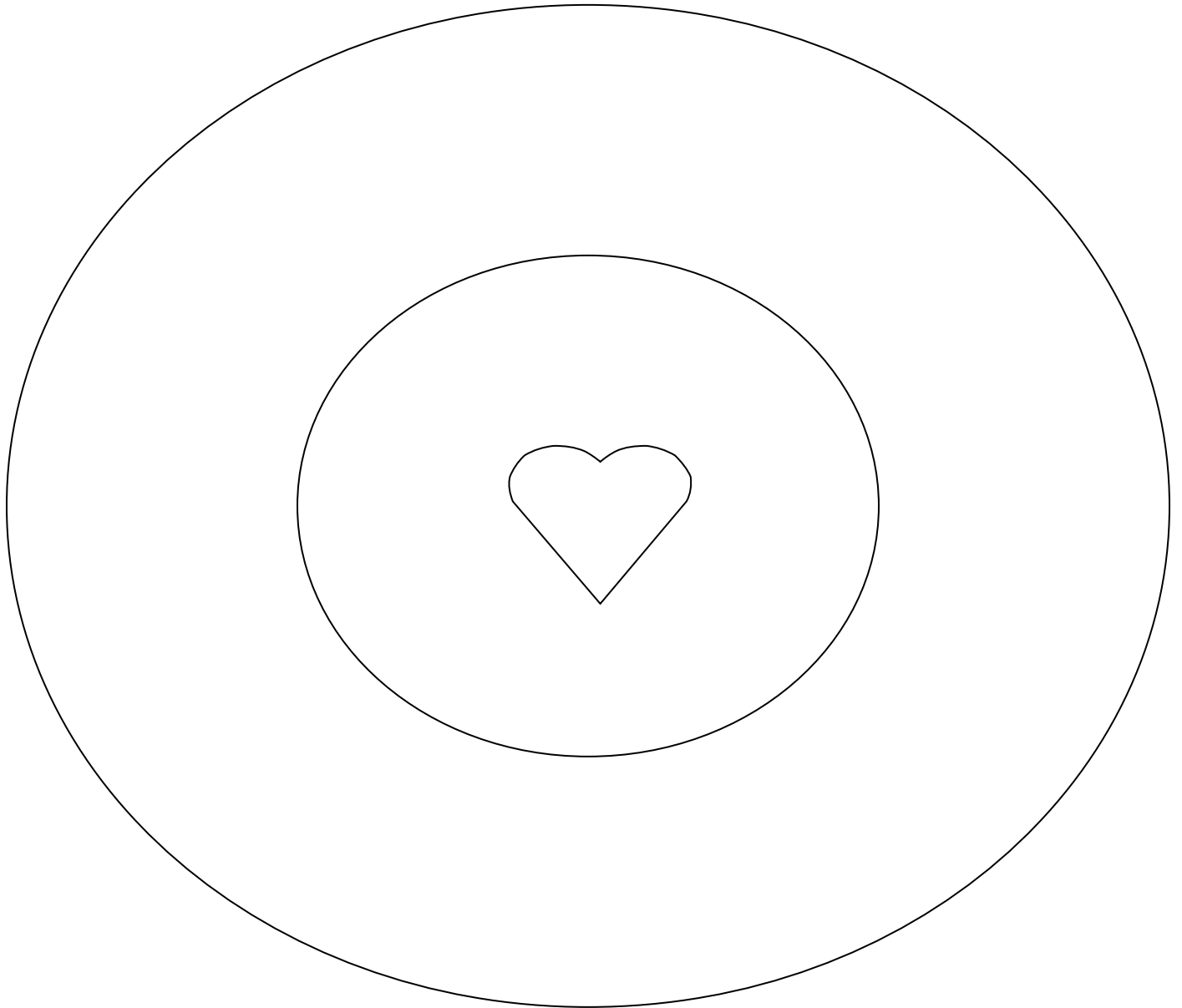


My Grief Bundle



Everyone has a grief bundle of all the separations and losses experienced since birth. Here is mine. With each new loss I might feel the grief of my *whole* grief bundle. A *part* or *all* of my grief bundle may "recycle" as a "grief attack." This may explain my big reactions to little losses!