

Words and Phrases from Dr. Wolfelt's *Understanding Your Grief* -- Answer Key

A1 Ten Touchstones

A2 Finding Hope (FIND is IN the letters GHOPE – so, FIND IN GHOPE)

A3 Understanding Your Grief (YOUR GRIEF is UNDER the word STANDING)

A4 Mourning (A sunrise indicates morning)

B1 Get Over Your Grief (GET is over top of YOUR GRIEF)

B2 Embrace the Uniqueness of Your Grief

B3 Grief Bursts

B4 You Are Not Crazy

C1 First Aid For Broken Hearts (Arrow points to the first AID, followed by FOUR broken hearts)

C2 Reach Out For Help (hand followed by FOUR HELPs)

C3 Develop a New Self Identity

C4 Choose Life

D1 Healing Your Heart (or Healing Your Broken Heart)

D2 Linking Objects

D3 Laugh A Lot

D4 The Rule of Thirds (A RULER marked in THIRDS)