

# Self-Reflection Exercise

## Naming and Claiming Grief

1

Imagine an iceberg and try to picture what it looks like. What do you know about icebergs?

Icebergs are giant, floating pieces of ice in the ocean. A small part is visible above the waterline. What lies below cannot easily be seen.



2

It can be useful to think of the ways we are similar to icebergs. Some of the things about us are on the surface. Other aspects of who we are can be hidden below the surface, and not as immediately obvious.

3

Some emotions experienced by crisis are more easily seen. This might be emotions such as annoyance, anger, frustration, distraction, fear. But there are other emotions that are important to recognise and focus on, if we are able to sit with them and resolve them.