



Artful Living After Loss

Finding Agency Through Body Mapping

Introduction

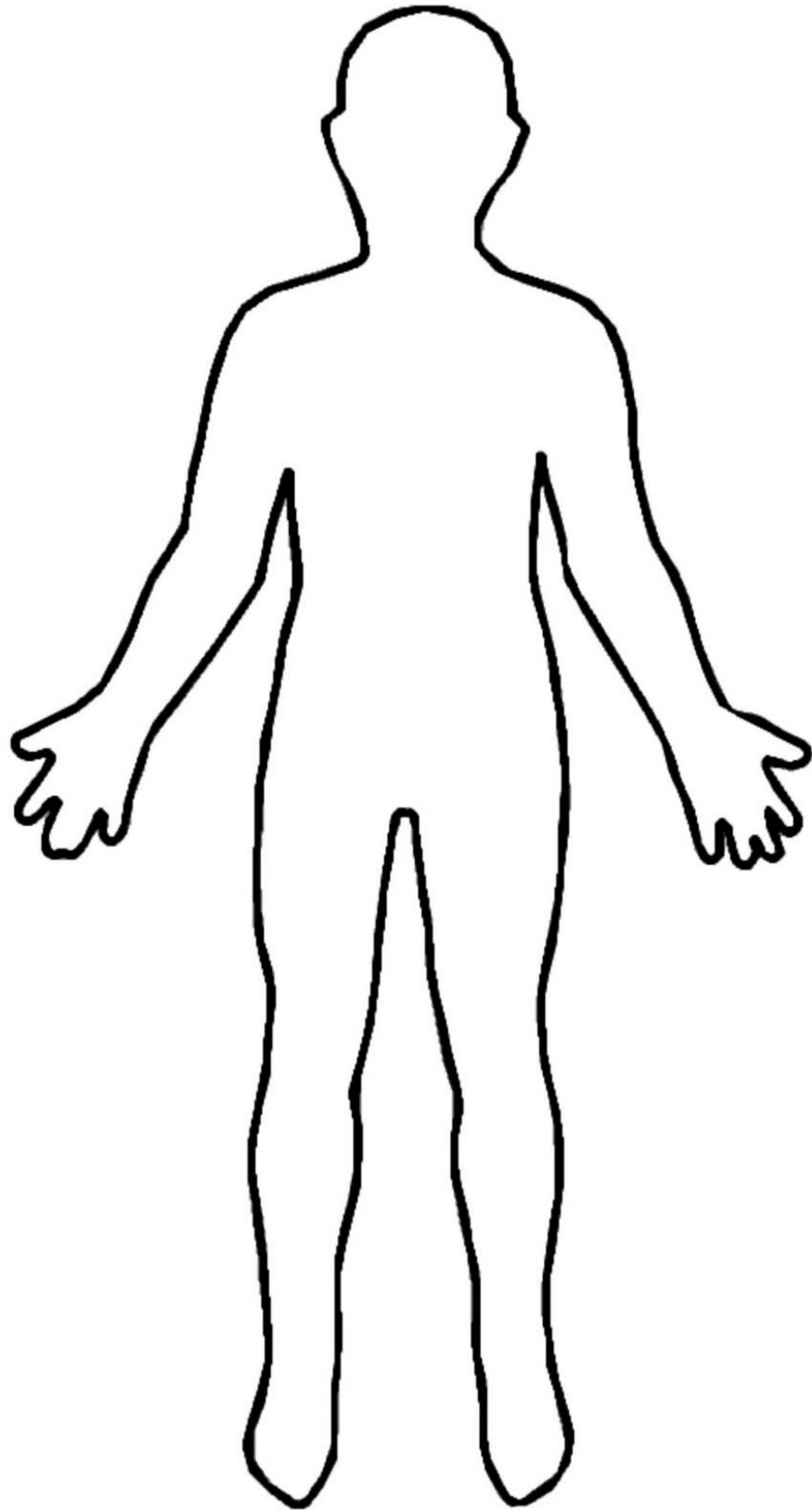
This body mapping exercise will help you discover your own agency and resourcefulness in grief. In preparation for watching the experiential video you will want to **print** out one of the body trace outlines below to have in front of you. If you have **colored pens/pencils** you will want to have those at hand as well. Don't feel the need to purchase any supplies though; use what you have.

About Your Presenter

Tamara Beachum is a Certified Creative Grief Support Practitioner and founder of Artful Living After Loss. Widowed at the age of 44, Tamara learned that grief doesn't always feel the way we expect. She has been a Camp Widow presenter/facilitator and hosts the Soaring Spirits regional group in Atlanta, Georgia. She enjoys wandering out west taking photographs and hiking. When at home she can usually be found in the local pottery studio pounding mud into functional wares. Visit her on the web at www.tamarabeachum.com or email her at tamara@tamarabeachum.com.

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Extending Your Experience

These are some questions that you may want to use and think through **after** you have been through the video exercise:

- What did it feel like to go back to the body map after the visualizations and say the “I am” statements? What surprised you most? What does each trait feel like in your body?
- Which traits do you find easy to embrace?
- Which traits are difficult for you and why?
- Are there traits that you want to shift or change?
- What words did you write in each part of the body? Does that hold any meaning for you? For example, what is written in the heart space? What is written in the head? What about the hands? Is there any learning to be gathered from that?
- How do you see the “I am” qualities being helpful to you in your present? How will you carry them forward?
- Are there any so-called “grief rules” you have to break to fully embrace the “I am” statements? If so, what rules are you breaking? Can you give yourself permission to break those rules?
- Is there someone in your past who would fully support and appreciate your breaking those rules to embrace the “I am” qualities? Who is it? What would they tell you they are most proud of you for doing in breaking those rules?
- If you imagine a future version of yourself who has fully embraced the “I am” qualities, what would they tell you has been the best gift about the embracing? What would they tell you now to inspire you to begin embracing these qualities?
- If you turn the body map exercise into a collage or drawing, how does that impact what you learned from the experience?