

Yun Gee, *Where is My Mother*, 1926



****First Question First****

What is *your* immediate reaction to this artwork?

Trust it. Write about it. Use the guide sheet for help.

Continue reading for another perspective and journal questions.

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Going for a job interview or giving a class presentation. Needing to have surgery. Moving to another part of the country. Life's challenges can fill us with fear and dread at times. Self-doubt may sneak in and take up residence. That capable person we knew ourselves to be may feel like a distant shadow. Assured of nothing anymore but change, anxiety may now be what feels most constant.

Grief has many faces. What can start out as a good cry over tomorrow's doctor appointment may end up reaching further: we miss and want our dead loved one. That person who made everything just a bit better. That person who reminded us of who we really are when fear tried to convince us otherwise. That person who accompanied us through every uncomfortable, frightening time in our life. Just their presence was reassuring. "We will all get through this together" felt uplifting. Ironically, we may even yearn for their support in grieving *for* them.

We may hear our tender heart in almost a child's voice say, "I want my"

Q.) What are you going through in life now that sends you yearning for your loved one? Complete this prompt and continue writing: I want my . . . to help me