



1

Establish your outcome

Find a quiet room and set up two chairs to get started. First, identify whom or what you'd like to speak with. You may want to talk to someone who has passed away, or if you are not dealing with a physical loss, you can also approach the conversation **metaphorically**. For instance, you can have a conversation with a past version of yourself that you are grieving.

2

Identify your challenge(s)

Take a moment to reflect on the **specific challenges** you want to address. Remember, the challenge may not always be related to the other person: perhaps you are dealing with an internal struggle such as regretting not keeping in touch more.

3

Start the conversation

Next, **talk to the person** or the aspect of yourself you visualise being in the empty chair. During the exercise, try to say **whatever comes to mind**, even if it feels embarrassing or if you feel vulnerable expressing your emotions. If you have trouble imagining a person or a version of yourself sitting in the chair, simply start saying what you would say if they were there.

4

Switch chairs

After you've expressed your perspective and emotions, physically switch to the other chair, **symbolising** the person (or version of yourself) you're in conversation with. Respond to what you've said from their perspective. This role reversal can provide valuable insights into their feelings and thought processes.

5

Reflect on the conversation

When you feel you've **explored the conversation** thoroughly and gained **clearer insights**, return to your original chair. Take a moment to reflect on what you've learned. Consider how this newfound understanding can lead you on your journey.

6

Action steps

Based on the insights gained, consider what **practical steps** you can take on your grief journey. If your emotions feel overwhelming, consider speaking to a psychologist for further **support** and **guidance**.