



## Metaphors

Grief is a fog.  
You can't tell what you're going to be like in the distance.  
Grief is a deep hole.  
Grief is a sponge.  
Grief is a cross.  
Grief is a cloud because it could be good or bad.  
Grief is an ocean  
because it's too much and holds a lot of things as well as pollution.  
Grief is a fire.

Happiness is a sunrise  
because it's always going to happen, but it won't stay forever.  
Happiness is like gumdrops.  
Happiness is a smile.  
Joy is contentment,  
a warm feeling inside and out.  
Moving on  
is when you get over a hurdle that has been giving you trouble.  
Happiness is present, now - what you see.  
To be content  
you need to accept the past.



- The West Hartford Cove First Mates  
Ben, Cameron, Drew, Je'Maize, Kashey, and Meghan.