

Name:

Date:

Grief & Emotional Healing Worksheet

How to Use This Worksheet

Grief looks different for everyone. This worksheet is meant to be used gently and at your own pace. You do not need to complete everything at once. Instead, return to different sections as your grief shifts over time. There are no right or wrong answers only honest reflections.

Understanding Your Grief Experience

Grief can involve many emotions that come and go in waves. Take a moment to check in with yourself.

Emotions I have experienced since the loss:

Emotions	4	3	2	1
Sadness				
Anger				
Guilt				
Anxiety				
Numbness				
Relief				
Confusion				
Loneliness				
Other:				

- **Which emotions feel strongest right now?**
- **How do these emotions tend to show up for me?** (e.g., crying, withdrawing, irritability, exhaustion)

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How Grief Is Affecting My Life

Grief can impact many areas of daily functioning. Reflect on how loss is affecting you right now.

1. Emotional well-being:

2. Physical well-being (sleep, appetite, energy, body):

3. Thinking and concentration:

4. Relationships and connection with others:

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Noticing Grief Triggers

Certain reminders can bring grief to the surface suddenly.

1. Common triggers for me include:
(e.g., places, dates, songs, smells, conversations)

2. When I am triggered, my body usually reacts by:

3. Helpful ways I have coped during these moments:

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Guilt, Regret, and “What If” Thoughts

It is common to replay moments or wish things had been different.

1. Thoughts I notice when guilt or regret shows up:

2. How these thoughts make me feel emotionally and physically:

3. A more compassionate response I can practice instead:
(e.g., reminding myself I did the best I could with what I knew)

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Coping Strategies That Support Me

Not all coping strategies work the same for everyone.

1. Healthy coping tools that help me, even a little:

- Talking with someone I trust
- Journaling
- Gentle movement or walking
- Resting or slowing down
- Creative expression
- Rituals or remembrance
- Other:

2. One coping action I can practice this week:

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Support and Connection

You do not have to grieve alone.

1. People or supports I can lean on:

2. Ways I can allow support (emotional or practical):

3. Barriers that make asking for help difficult:

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Being Patient With the Healing Process

Grief does not follow a timeline.

1. What I wish others understood about my grief:

2. Ways I can be gentler with myself right now:

3. A reminder I want to carry with me: (e.g., "Healing does not mean forgetting.")

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When Extra Support May Help

Consider reaching out for professional support if grief feels overwhelming.

1. Signs I may need additional support:

- Feeling stuck or numb for long periods
- Intense guilt or self-blame
- Difficulty functioning in daily life
- Avoiding reminders of the loss
- Feeling hopeless or disconnected

2. Next step I could take if I want support:

One small intention I have for myself as I continue healing: