

Grief Workbook

Grief and Loss Worksheet

I am saying goodbye because...

And saying goodbye to you makes me feel...

I remember a time when we...

Ever since you've gone, things have been different because...

The thing I miss the most about you is...

You taught me...

I will always remember...

Something I want you to know is...

Stages of Grief Worksheet

Instructions: Grief is a complex and individualized process. Use this worksheet to help you identify and understand your emotions as you navigate the stages of grief. Remember that it's okay to experience these stages in different orders and to revisit them as needed. Be gentle with yourself throughout this journey.

Stage 1: Denial

Describe a recent moment when you felt in denial about your loss.

What were you thinking and feeling during this moment?

How did you cope with this feeling of denial, if at all?

Stage 2: Anger

Share a situation in which you felt anger related to your loss.

What were the sources of your anger, and how did it manifest?

Did you express your anger, and if so, how?

Stage 3: Bargaining

Reflect on a time when you tried to make deals or bargains to reverse the loss.

What were you asking for or promising during this period?

How did you react when you realized these bargains were not working?

Stage 4: Depression

Describe your experiences with sadness and depression during your grieving process.

How has this sadness affected your daily life, thoughts, and behaviors?

Have you sought support or help for managing this depression?

Stage 5: Acceptance

Share a moment when you started to accept the reality of your loss.

How did this acceptance change your perspective or emotions?

What steps have you taken to continue moving toward acceptance?

Finding meaning

Explore any signs of finding meaning or purpose in your grief.

Have you discovered any positive aspects or lessons in this experience?

How has your grief shaped your outlook on life or relationships?

Future Planning

Think about your future and the goals you want to set for yourself.

How do you envision your life moving forward while honoring the memory of what you've lost?

What steps can you take to work toward those goals?

Additional notes

Grief Worksheet for Kids: Sentence Completion

Overview: This worksheet is a tool to help you express your feelings and thoughts about someone special who you have lost. Sometimes, it's hard to talk about these things, but remember; it's okay to feel different emotions. Here are some sentence beginnings that you can complete. Remember, skipping any that makes you feel uncomfortable is okay.

Instructions:

1. Find a quiet and comfortable place where you can think and write.
2. Read through all of the sentence beginnings.
3. When you are ready, complete the sentence in your own words in the second column.
4. If any sentence beginning makes you feel too uncomfortable, it's okay to leave it blank.
5. Take your time. You do not need to complete everything in one go.
6. Once you're done, if you feel comfortable, you can share this with someone you trust, like a parent, teacher, or counselor. But remember, it's your choice.
7. Keep this worksheet safe. You can look back on it whenever you want.

Sentence Beginnings	Your Sentence Completion
The thing I miss most about the person who I lost is...	
One thing I learned from the person who I lost is...	
When I think of the person who I lost, I feel...	
One thing I wish I could tell the person who I lost is...	
A special memory that I have of the person who I lost is...	
Something that scares me about my loss is...	
Something that comforts me during this time is...	
One way I've changed since my loss is...	

If I could ask the person who I lost one more thing, it would be...	
I feel most connected to the person who I lost when I...	
One way I can honor the memory of the person who I lost is...	
One thing that's hard for me to talk about is...	

Remember, this worksheet can be adapted to suit the age and understanding of the child or adolescent. Always ensure they feel comfortable and safe while completing it and that it's part of a supportive approach to helping them deal with their loss.