

Grief Worksheet

- My Stages of Grief -

Name	Date
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After a loss, people will usually go through the Five Stages of Grief. Take your time with this sheet and fill in each section as you navigate between the stages. For each stage, please indicate how your grief has affected you. There are guide questions to help you process your thoughts.

Denial: "This can't be happening."

What happened? Are/were you downplaying the loss? Are you denying/did you deny what happened?

Anger: "Why is this happening to me?"

Are you angry? What are/were you angry at? Who are/were you angry at? Are you blaming/did you blame something or someone?

Bargaining: "I will do anything to change this."

This will depend on your situation, so write accordingly. Are you trying/did you try to get back together with a partner? Are you desperately searching for unrecognized alternative medicine for a terminal illness? Are you trying to convince your ex-boss to re-hire you after firing you?

Depression: "What's the point of going on after this loss?"

Are you isolating yourself? Do you cry a lot? Do you scream frequently out of frustration? Did you suddenly stop going to work or school?

Acceptance: "I know what happened, and I can't change it. What do I do now to cope?"

What do you think of yourself after your loss? Are there any changes to your worldview? Did you seek advice? What advice did you get? What do you plan on doing to cope and move on with life?