

# Stages of Grief Worksheet

Name	Date
<b>Instructions:</b> 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.	
<b>Stage 1: Denial</b>	
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?	
<b>Stage 2: Anger</b>	
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?	
<b>Stage 3: Bargaining</b>	
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**