

Sorting Out Feelings About Your Loss

It is true that identifying negative emotions and feelings for others does not automatically make them go away. However, identifying and expressing your feelings can help you move forward.

Name _____ Date _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Name _____ Date _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Name _____ Date _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Name _____ Date _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____