

Name : _____ Date : _____

Processing Grief and Loss

Directions:

Read each question and answer honestly. Write in complete sentences if possible.
Take your time and reflect on your feelings.

1. Who or what have you lost?

Briefly describe the person, relationship, or situation you are grieving.

2. What are some emotions you have felt since this loss?

(Examples: sadness, anger, confusion, loneliness, relief, guilt.)

3. What memories or moments with this person or situation are most meaningful to you?

Describe one or two special memories.

4. How has this loss changed your daily life or routine?

Write about any differences you notice.

5. What do you miss the most about what you lost?

6. Who are the people that support you during this time?

Write the names of people you can talk to.

7. What are some healthy ways you cope with difficult feelings?

(Examples: talking to someone, writing, praying, walking, creative activities.)

8. If you could say something to the person or situation you lost, what would you say?

9. What is one small step you can take to care for yourself while grieving?

10. What is something you would like to remember or honor about what you lost?
