

Decoding Grief

A WORKSHEET TO HELP YOU
UNDERSTAND YOUR OWN
GRIEVING PROCESS

I'm grieving the loss of...

The most difficult time of day is...

I especially miss...

My favourite memory is...

My support system includes...

I wish my support system would say/do...

It is hurtful when people...

It is helpful when people...

The things that help me the most right now are...

When I'm alone, I...

I will lean on...

