SELFGROWTH.ORG

My Grief Worksheet

A gentle place to write about a loss. There are no stages and no right pace. Skip anything, stop when you need to, and reach out if it gets too heavy.

01 Before I start

If you are having thoughts of ending your life, stop writing and call Samaritans on 116 123 (UK and Ireland) or call or text 988 (US) now. Otherwise, decide now what you'll do if this gets heavy. Planning it first makes it easier to stop.

How much do I feel able to write today?

1 2 3 4 5 6 7 8 9 10

Only a little — As much as I need

If it gets too heavy, I could:

- [ ] Put the pen down and take a few slow breaths
- [ ] Get a drink of water
- [ ] Step outside or open a window
- [ ] Message or call someone I trust
- [ ] Put on music, or a programme I like
- [ ] Come back to it another day

One person I could contact if I need to:

02 Who or what I have lost

Write as much or as little as you want. You can use a name, a nickname or just 'them'.

Who or what I am grieving:

What they meant to me, and something I'd want someone to know about them:

A memory that makes me smile, or a moment I'd like to hold on to:

03 What I'm feeling

Tick whatever is here today. Feelings can change from hour to hour. 'Nothing much' and 'a mix' are allowed.

- [ ] Shock or numbness
- [ ] Sadness
- [ ] Tiredness or exhaustion
- [ ] Anger
- [ ] Guilt
- [ ] Longing
- [ ] Loneliness
- [ ] Relief
- [ ] Confusion
- [ ] Not much at all
- [ ] Something I can't name yet

Where I notice it in my body, or what it's like today:

How heavy does today feel?

1 2 3 4 5 6 7 8 9 10

Lighter — Very heavy

04 What I miss

Small things count as much as big ones.

What I miss

A voice, a routine, a place, a joke

What it brings up

A feeling, a thought, a memory

The times of day, places or dates that are hardest, and what might make them a little easier:

05 Things I haven't said

You don't have to send or share what you write here. It's only for you.

If I could say one more thing to them, it would be:

What I wish I'd known, done differently, or been able to say. And what I'd say to a friend who felt the same:

06 Looking after myself

The NHS lists some things that can help: talking to someone, regular exercise, regular meals, small achievable goals, and focusing on what you can influence. It also says that relying on alcohol, cigarettes, gambling or drugs to cope can make mental health worse. If you notice that happening, tell someone you trust or speak to your GP.

This week I could:

- [ ] Talk to someone about how I'm doing
- [ ] Go for a walk or move my body a little
- [ ] Eat something regular, even if it's small
- [ ] Set one small goal for tomorrow
- [ ] Ask for help with one practical thing
- [ ] Rest without feeling I have to earn it

One small, kind thing I'll do for myself in the next 24 hours:

One thing I can leave until later:

07 Facing it and taking a break from it

In 1999 the researchers Margaret Stroebe and Henk Schut proposed a model in which people grieving move back and forth between facing the loss and taking time away from it, and in which taking a break is part of coping. It is a model, not a rule, and the abstract describes the model and does not report a test of how well it works. You might find it a useful idea, or not.

Something that lets me feel or remember the loss (photos, a place, writing, talking):

Something that gives me a break from it (a walk, a programme, a task, company):

08 Who can be with me

You don't have to explain everything. Sometimes company is enough.

Who	How they could help
A friend, family member, neighbour, group	Listen, cook, sit with me, help with a task

Support I could look into (see the helplines page for more):

- [ ] Cruse Bereavement Support helpline, 0808 808 1677 (UK)
- [ ] Talking to my GP about how I'm coping
- [ ] Samaritans, 116 123, any time I need someone to listen
- [ ] A friend or family member I haven't told yet

When you're done, a moment to reflect

- What is one thing about today that I'd like to remember?
- Is there something I need that I haven't asked anyone for?
- What has helped me, even a little, since the loss?
- What do I want to say to myself right now, the way I'd say it to a friend?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/grief-worksheet

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.