

## GRIEF &amp; LOSS

# Remembering, Coping & Finding a Way Forward

18 gentle, practical worksheets for adults, families, caregivers, children, and teens navigating grief and loss.

**MY PLACE AFTER LOSS™ • GRIEF RESOURCE TOOLS**

SEE • UNDERSTAND • CONNECT • REMEMBER • ADAPT • CARRY FORWARD

*Grief has no single timetable or correct path. Use only the prompts that feel useful. These educational tools are not a substitute for individualized mental health assessment or treatment.*



**PRACTICAL TOOLS FOR STRONGER FAMILIES, HEALTHIER CONNECTION, AND GROWTH**

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# My Grief Story

Tell the story of the loss in your own words and at your own pace.

## Who or what I lost

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## What happened

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## What I remember most strongly

This might be an image, moment, feeling, conversation, place, or detail.

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## What has been hardest to explain to other people

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## What I wish people understood about my grief

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# My World Changed

Loss can change routines, roles, relationships, identity, and the way the future looks.

- ☐ Daily routine
- ☐ Home
- ☐ Family roles
- ☐ Finances
- ☐ Friendships
- ☐ Parenting
- ☐ Work / school
- ☐ Faith / meaning
- ☐ Identity
- ☐ Future plans
- ☐ Sense of safety
- ☐ Traditions

| What changed | How it affects me | What I need now |
|--------------|-------------------|-----------------|
| <div></div>  | <div></div>       | <div></div>     |
| <div></div>  | <div></div>       | <div></div>     |
| <div></div>  | <div></div>       | <div></div>     |
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| <div></div>  | <div></div>       | <div></div>     |

## The change that feels biggest right now



# What I Miss

Make room for the specific things your heart notices are absent.

## I miss...

People often miss ordinary things as much as major moments.

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## A moment I wish I could have again

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## Something small I unexpectedly miss

A sound, phrase, routine, smell, joke, place, meal, or habit.

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# What I Still Carry

Grief includes absence, but relationships and experiences can continue to shape us.

- |                                                |                                          |
|------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Values                | <input type="checkbox"/> Stories         |
| <input type="checkbox"/> Traditions            | <input type="checkbox"/> Lessons         |
| <input type="checkbox"/> Humor                 | <input type="checkbox"/> Faith / beliefs |
| <input type="checkbox"/> Recipes               | <input type="checkbox"/> Music           |
| <input type="checkbox"/> Expressions / sayings | <input type="checkbox"/> Ways of caring  |
| <input type="checkbox"/> Objects / keepsakes   | <input type="checkbox"/> Dreams / hopes  |

## Something this person / relationship gave me

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## A part of them I see in myself or others

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## What I want to carry forward

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# Grief Timeline

Map important moments before and after the loss without expecting grief to move in a straight line.

| Time / date | What happened | What I felt / needed |
|-------------|---------------|----------------------|
| _____       | _____         | _____                |
| _____       | _____         | _____                |
| _____       | _____         | _____                |
| _____       | _____         | _____                |
| _____       | _____         | _____                |
| _____       | _____         | _____                |
| _____       | _____         | _____                |

## A turning point I notice

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## Where I am now

There is no required stage or deadline.

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# Grief Waves Tracker

Grief often comes in waves. Track what precedes them and what helps you ride them.

| When / where | Wave intensity 1–10 | What triggered it | What helped |
|--------------|---------------------|-------------------|-------------|
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| <hr/>        | <hr/>               | <hr/>             | <hr/>       |
| <hr/>        | <hr/>               | <hr/>             | <hr/>       |
| <hr/>        | <hr/>               | <hr/>             | <hr/>       |
| <hr/>        | <hr/>               | <hr/>             | <hr/>       |
| <hr/>        | <hr/>               | <hr/>             | <hr/>       |

Body signs I notice during a grief wave

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What I want to remember when a wave comes

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# Grief Triggers

Identify predictable reminders so you can prepare rather than be caught completely off guard.

- ☐ Dates
- ☐ Songs
- ☐ Smells
- ☐ Family gatherings
- ☐ Certain foods
- ☐ Conversations
- ☐ Places
- ☐ Photos
- ☐ Social media
- ☐ Medical settings
- ☐ Weather / seasons
- ☐ Unexpected reminders

| Trigger     | My usual reaction | Support / response to try |
|-------------|-------------------|---------------------------|
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| <div></div> | <div></div>       | <div></div>               |
| <div></div> | <div></div>       | <div></div>               |
| <div></div> | <div></div>       | <div></div>               |

A trigger I cannot avoid—and how I can care for myself around it



# My Support System

Grief is heavy to carry alone. Map the people and resources available to you.

| Person / resource | What I can ask for | How to reach out |
|-------------------|--------------------|------------------|
| _____             | _____              | _____            |
| _____             | _____              | _____            |
| _____             | _____              | _____            |
| _____             | _____              | _____            |
| _____             | _____              | _____            |
| _____             | _____              | _____            |

☐ Listening

☐ Childcare

☐ Company

☐ Prayer / spiritual support

☐ Help with paperwork

☐ Practical help

☐ Meals

☐ Transportation

☐ Professional support

☐ A break from talking about grief

## One person I can contact this week

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# What Helps / What Hurts

Notice which responses feel supportive and which make grief harder.

| What helps | Why it helps |
|------------|--------------|
| _____      | _____        |
| _____      | _____        |
| _____      | _____        |
| _____      | _____        |

  

| What hurts / does not help | What I wish happened instead |
|----------------------------|------------------------------|
| _____                      | _____                        |
| _____                      | _____                        |
| _____                      | _____                        |
| _____                      | _____                        |

## What I can tell supportive people

"It helps me when..."

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Difficult Days Plan

Create a plan for days when grief is especially intense.

- |                                                  |                                             |
|--------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Anniversary             | <input type="checkbox"/> Birthday           |
| <input type="checkbox"/> Funeral / memorial date | <input type="checkbox"/> Unexpected trigger |
| <input type="checkbox"/> Family event            | <input type="checkbox"/> Lonely evening     |
| <input type="checkbox"/> Bad sleep               | <input type="checkbox"/> Major life event   |
| <input type="checkbox"/> Other                   |                                             |

## My warning signs

How do I know the day is becoming too much?

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## People I can contact

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## Things that help me regulate

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## What can be postponed or simplified

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## If I feel unsafe or unable to cope

Identify a trusted person, clinician, crisis resource, or emergency support appropriate to your situation.

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# Anniversary & Holiday Plan

Plan ahead for meaningful dates while giving yourself permission to change the plan.

Date / holiday / event

What this day used to look like

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What feels hardest about it now

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☐ Keep a tradition

☐ Create a new ritual

☐ Spend time alone

☐ Share memories

☐ Leave early if needed

☐ Change a tradition

☐ Spend time with others

☐ Visit a meaningful place

☐ Limit obligations

☐ Ask someone to check in

Our plan

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Permission I am giving myself

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# Continuing Bonds

Explore healthy ways to maintain a meaningful connection while adapting to life after loss.

- |                                                    |                                                      |
|----------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Talk about them           | <input type="checkbox"/> Display photos              |
| <input type="checkbox"/> Visit a place             | <input type="checkbox"/> Cook a favorite meal        |
| <input type="checkbox"/> Continue a tradition      | <input type="checkbox"/> Write letters               |
| <input type="checkbox"/> Create art                | <input type="checkbox"/> Tell stories                |
| <input type="checkbox"/> Keep an object            | <input type="checkbox"/> Serve / give in their honor |
| <input type="checkbox"/> Prayer / spiritual ritual | <input type="checkbox"/> Celebrate meaningful dates  |

## A connection that comforts me

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## A new remembrance practice I might try

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# Memories I Want to Keep

Preserve stories and details you do not want time to blur.

| Memory | What happened | Why I want to keep it |
|--------|---------------|-----------------------|
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| <hr/>  | <hr/>         | <hr/>                 |

## Something they always said or did

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## A story I want younger / future family members to know

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# Unfinished Conversations

Give words to things that were not said, resolved, asked, or answered.

## What I wish I had said

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## What I wish I could ask

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## What I wish I could hear from them

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## What I want to say now

This can be kept private. You do not have to make it neat or complete.

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# Family Grief Map

Families can share a loss while grieving very differently.

| Family member | How grief shows up | What may help them |
|---------------|--------------------|--------------------|
| _____         | _____              | _____              |
| _____         | _____              | _____              |
| _____         | _____              | _____              |
| _____         | _____              | _____              |
| _____         | _____              | _____              |
| _____         | _____              | _____              |

## Where our grief styles collide

One person may talk; another may need quiet. One may want rituals; another may avoid them.

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## How we can make room for different grief

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## A family remembrance or connection practice

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# Supporting a Grieving Child

Help a grieving child feel safe, informed, connected, and free to grieve in developmentally appropriate ways.

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|---------------------------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> Use clear, concrete language   | <input type="checkbox"/> Answer what the child actually asks            |
| <input type="checkbox"/> Keep routines where possible   | <input type="checkbox"/> Expect grief to appear in play / behavior      |
| <input type="checkbox"/> Allow repeated questions       | <input type="checkbox"/> Name and normalize feelings                    |
| <input type="checkbox"/> Offer choices                  | <input type="checkbox"/> Inform school / caregivers                     |
| <input type="checkbox"/> Maintain boundaries and safety | <input type="checkbox"/> Avoid making the child care for adult emotions |

## What the child currently understands about the loss

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## Changes I am noticing

Sleep, play, school, separation, behavior, body complaints, questions, etc.

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## How I can create safety and connection this week

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# Supporting a Grieving Teen

Support teens with honesty, autonomy, connection, and access to trusted adults.

- |                                             |                                                           |
|---------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Needs privacy      | <input type="checkbox"/> Wants to talk                    |
| <input type="checkbox"/> Uses humor         | <input type="checkbox"/> Seems numb                       |
| <input type="checkbox"/> Angry / irritable  | <input type="checkbox"/> More withdrawn                   |
| <input type="checkbox"/> Wants peers nearby | <input type="checkbox"/> Focused on school / activities   |
| <input type="checkbox"/> Avoids reminders   | <input type="checkbox"/> Asks big questions about meaning |

## What this teen seems to need from adults

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## What I can offer without forcing

Conversation, transportation, food, space, routine, professional support, remembrance, etc.

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## Trusted adults / supports

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## Changes that deserve closer attention

Note meaningful shifts in functioning, safety, sleep, school, substance use, or isolation and seek professional support when indicated.

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# Moving Forward Without Leaving Behind

Moving forward does not require forgetting. Consider what adaptation can look like while honoring what mattered.

## What I am afraid moving forward might mean

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## What I want to keep with me

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## What I am ready to make room for

A relationship, activity, hope, routine, role, or future possibility.

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## One small step toward life now

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## A sentence I want to carry forward

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# Love and Loss Can Travel Together

Grief may change over time without disappearing. Remembering, adapting, reconnecting, and experiencing moments of life again do not erase the significance of the person or relationship that was lost.

**The worksheet that feels most useful right now**

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**What I need more of in this season**

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**One gentle next step**

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