


Understanding My Grief



 30 Minutes

 Navigating through grief can be an incredibly challenging journey. Sometimes, we're not sure what we think or how we feel. These prompts are here to help you make sense of, and process, your grief.

Take a moment to think about how you have been feeling lately ...

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Reflect on a cherished memory you shared with your loved one. How does it make you feel?

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Describe the impact of the loss on your daily life. How has it affected your routines, relationships, or overall well-being?

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What are some of the things you miss the most about your loved one? How do these feelings of longing and absence manifest for you?

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Consider the range of emotions you have experienced since the loss. Which emotions have been most prominent? How do they ebb and flow?

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Reflect on the support you have received during your grieving process. Who has been there for you? In what ways have they helped or made a difference?

Explore any guilt or regrets you may be carrying related to your loved one's passing. How do these feelings impact your grief? Are there ways to find self-forgiveness or acceptance?

Think about the ways in which your perspective on life has shifted since the loss. Are there any lessons or insights you have gained from your grief?

Consider the rituals or practices that have helped you cope with your grief. What activities or actions bring you comfort or provide a sense of connection with your loved one?

Reflect on the role of self-care in your grief journey. How have you been taking care of yourself emotionally, physically, and mentally during this time?

Imagine having a conversation with your loved one. What would you want to say? How might this help you process your grief and find closure?
