



UNDERSTANDING MY GRIEF

I AM HAVING THE HARDEST TIME ADJUSTING TO:

I FEEL MOST TRIGGERED WHEN I:

WHAT HAPPENS WHEN I FEEL TRIGGERED?:

WHO AND/OR WHAT IS PROVIDING SUPPORT DURING THIS TIME?

WHEN I THINK ABOUT THE ONE I LOST I IMMEDIATELY FEEL:



UNDERSTANDING MY GRIEF

I EXPRESS MY EMOTIONS BY:

I GIVE MYSELF PERMISSION TO PROCESS WHAT I AM
FEELING BY:

WHAT STRENGTHS DO I HAVE FROM PREVIOUS
EXPERIENCES THAT CAN HELP ME DURING THIS TIME?

DURING THIS PROCESS I HAVE LEARNED THAT: