Understanding My Grief

Instructions: Free write your responses. Take your time and allow yourself to feel however you'd like to feel as you write.

1) I am having the hardest time adjusting to:

_____
_____
_____.

2) I feel most triggered when I:

_____
_____
_____.

3) What happens when I feel triggered?

_____
_____
_____.

4) Who and/or what is providing support during this time?

_____
_____
_____.

5) When I think about the one I lost I immediately feel:

_____
_____
_____.

6) I express my emotions by:

_____
_____
_____.

7) I give myself permission to process what I am feeling by:

_____
_____
_____.

8) What strengths do I have from previous experiences that can help me during this time?

_____
_____
_____.

9) During this process I have learned that:

_____
_____
_____.