



STAGES OF GRIEF WORKSHEET

REALITY

check time

Take a moment to acknowledge and validate your emotions surrounding your loss. This simple activity will help you ease into the process of facing reality.

Reflect on the emotions you're currently experiencing in relation to your loss. Write down three emotions that you're feeling right now.

How does this emotion manifest in your thoughts, behaviors, and physical sensations?

Denial is a common response to loss, where individuals struggle to accept the reality of what has happened. It's a coping mechanism that can provide temporary relief but can also hinder the grieving process if prolonged.

In this exercise, take a moment to ground yourself in reality by listing three facts or pieces of evidence that support the reality of the loss you're experiencing.

What evidence supports the reality of your loss?

How does facing these facts make you feel?

What thoughts or beliefs arise when you confront the reality of your loss?



BRUSHES

of fury

Anger is a natural and valid emotion, often arising in response to loss and grief. In this activity, we will use art as a tool for expressing and releasing feelings of anger.

Collect art supplies and find a comfortable workspace. Take deep breaths to focus and acknowledge your intent.

Reflect on what triggers your anger without judgment.

Express your anger through painting, drawing, or sculpting. Release your emotions freely onto the canvas.

Notice shifts in emotions and sensations as you create. Consider insights gained from your artwork and emotions.



How does the act of externalizing your anger through art impact your emotional state?

In what ways has your experience of anger evolved or changed over the course of your grief journey?



BLUES

and bargains

Bargaining is a common stage in the grief process, characterized by attempts to negotiate or make deals in an effort to cope with loss.

Write a dialogue between yourself and the object of your bargaining (e.g., a higher power, fate, the universe). Explore the negotiations, requests, and promises you've made in an attempt to cope with your loss.

How do you imagine the object of your bargaining responding to your requests?

Grief and loss often trigger symptoms of depression, characterized by feelings of sadness and hopelessness. Affirmations and positive thoughts serve as antidotes, combating negative self-talk and promoting emotional resilience in the face of grief-induced depression.

Negative Thought

"I'll never feel better; this sadness will never end."

Affirmations

"This feeling is temporary, and I am capable of finding joy and peace."



The Mind Garden
bloom where you're planted

REVIVAL

route

Reintegration of various aspects of life is a crucial part of the acceptance process in grief. It involves acknowledging the reality of the loss and finding ways to adjust to life without the deceased loved one, while also integrating the experience of loss into one's life story.

In this activity, identify areas impacted by loss, set achievable goals for reintegration, and create actionable steps for reclaiming balance and acceptance in your life.

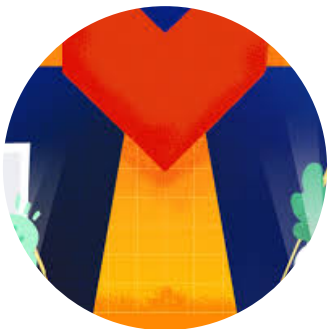
IDENTIFY AREAS OF LIFE DISRUPTION

Reflect on the areas of your life that have been most affected by your loss, such as work, relationships, hobbies, self-care, and personal goals. Write down these areas.



SET REINTEGRATION GOALS

For each area of life disruption, set specific, achievable goals for reintegrating that aspect back into your life. Consider what steps you can take to move towards these goals.



CREATE ACTION STEPS

Break down each reintegration goal into actionable steps or tasks. Be specific and realistic in your action planning, considering any potential obstacles or challenges you may face.

