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Gentle
Practical
Support
For Your
Journey



Grief WORKSHEETS

A SAFE SPACE TO EXPLORE ♥ REFLECT ♥ HEAL

*Support for Your Journey
Through Loss*

Thoughtful worksheets to help you
understand your feelings, find your own
path forward and be kind to yourself
along the way.



EXPLORE
Your Feelings



BUILD
Self-Compassion



FIND
Perspective



CREATE
Hope



TAKE
Small Steps



SUPPORT
Your Wellbeing



FEEL

EXPLORE

HEAL

GROW

LIVE



*Grief is love.
You do not get over love,
but you can continue
to live and love.*



YOUR FEELINGS MATTER ♥ YOUR STORY MATTERS ♥ YOU MATTER

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Healing
is not a destination,
it's a journey...
♥



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You are
not alone.
Help is always
available.
♥

Small Steps
Make Big
Changes
♥



Welcome & Instructions for Using Your Grief Worksheets

Thank you for your purchase ♥

Thank you for purchasing these worksheets. I'm sorry you are hurting, but I am happy you are able to recognise that help is here and want to heal in your own way.

My name is Charmayne Payne. I am a registered counsellor in Australia, daughter, wife, mother, sister, granddaughter and friend. I have created these worksheets for everyone to use, whether they are part of your session package or whether you have purchased them to go through on your own as you need to.

Grief is love, and love never ends



Different journey, same human experience.



We All Grieve

I recognise that we don't all need professional counselling to help us through hard times, but we do all grieve and experience loss. Often it is so hard to continue forward that we all need a little support, most of all from ourselves.

These worksheets are designed to give you a safe space to pause, think, write, reflect and explore what you are experiencing.

Support can come from many places, including you. ♥



There Is No Right or Wrong Way

There is no right or wrong way to grieve and no set order – as with these pages. Use them as you see fit, when you need to. You might complete one page today and another months from now. You might skip a page, or return to one you have already completed. Keep reusing them whenever they are helpful.

Your journey is unique. ♥



Grief Comes in Waves

Grief can come in waves. In time it may ease and suddenly big feelings may return. This does not mean you have gone backwards – it means you are human. Be gentle and kind to yourself when the waves arrive. You are allowed to have good days and difficult days, and to feel many different emotions.

Be gentle with yourself. ♥



A Guide Only

These worksheets are to be used as a guide only. You don't have to answer every question. Write as much or as little as you want. You can use words, sentences, dot points, drawings or simply sit with a question. If a worksheet brings up difficult emotions, stop, take a break and return when you are ready. There is no prize for finishing quickly – your wellbeing matters most.

Take your time. ♥



More Than Just Grief

You may notice that some worksheets are not just for grief but simply to assist you in life. Grief can affect many areas – confidence, relationships, sleep, routines, identity and the way we see the future. These pages are here to support you in all areas of your life. I hope they help, not only now, but whenever you need them in the future.

Small steps still move you forward. ♥



Remember

There is nothing wrong with you. It is normal to grieve and feel your emotions. You are capable and in control of your own life. Grief is part of the human experience. This is your life, and one thing is for sure – it won't last forever. You do not get over love, but you can continue to live and love.

You are stronger than you think. ♥



If You Need Extra Support

If you are in crisis, please call your local crisis number. The numbers provided are local to Australia. If you are from another country, please use your local crisis numbers.

These worksheets are not a replacement for professional counselling, medical care or crisis support. If you need extra assistance, please reach out to your local crisis team.

Asking for help is a sign of strength. ♥

Useful Crisis Contacts (Australia)

	Lifeline 13 11 14	24/7 crisis support for anyone in need.
	Suicide Call Back Service 1300 659 467	24/7 support for people in distress.
	Beyond Blue 1300 22 4636	24/7 support for anxiety, depression and mental health.
	Emergency Services 000	For life-threatening situations.

Please note: these numbers are for Australia only. If you are outside Australia, please use your local crisis or emergency services.



A Final Thank You

Thank you again for purchasing these worksheets. I hope they bring you comfort, clarity and a sense of support. Remember, you are not alone.

Take what helps, leave what doesn't, and come back whenever you need to.

You are still here. And that matters. ♥



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Grief is part of the human experience. Be kind to yourself, always. ♥



What is Grief?

Grief is a natural and normal response to loss. It is a reflection of love, connection and the importance of what (or who) we have lost.



What is Grief?

Grief is the emotional, physical, mental and spiritual response to a loss. While death is often what we think of when we hear the word grief, it can also occur after many types of loss, such as:

- The death of a loved one (human or pet)
- Changes in a relationship (e.g. separation or divorce)
- Loss of health or a diagnosis
- Loss of a job or financial security
- Loss of a home or community after a natural disaster
- Loss of independence or a change in ability
- The end of a dream or an expected future
- Other significant life changes

Grief affects everyone, and it can show up in different ways and at different times.



How Grief Can Feel

Grief can affect many areas of your life. You might experience:



Emotional

Sadness, anger, guilt, anxiety, relief, loneliness, numbness



Mental

Difficulty concentrating, racing thoughts, memory changes, feeling confused



Physical

Tiredness, changes in sleep, headaches, aches and pains, changes in appetite



Spiritual

Questioning, searching for meaning, feeling disconnected



Social

Withdrawing from others, needing more (or less) connection

All of these responses are valid.



Grief Looks Different for Everyone

There is no right or wrong way to grieve. Your experience may be very different to someone else's, and that's okay.

Grief doesn't follow a set timeline or a clear path. It can be messy, unpredictable and come in waves.

Some days may feel manageable, and other days may feel overwhelming. You might feel many emotions at once, or feel nothing at all. Both are normal.

Grief can be loud or silent, visible or hidden. It doesn't mean you are weak, and it doesn't mean you won't heal.

There is no right or wrong way to grieve, only your way.



Why Do We Grieve?

We grieve because we have loved, we have cared, and it has mattered. Grief is a sign of a meaningful connection. It is the price we pay for love.

The intensity of our grief often reflects the depth of our love and the significance of what we have lost.

Grief is love with nowhere to go.



How Long Does Grief Last?

Grief doesn't have an expiry date. While the intense pain may ease over time, grief can resurface unexpectedly — on anniversaries, during special occasions, or in everyday moments.

You may find that grief changes over time. It may feel less sharp, but it can still be present. You may also find new ways to carry your loss while continuing to live a meaningful life.

Grief doesn't end, it changes.



You Are Not Alone

Grief is a shared human experience. You are not alone in how you feel. Many people have walked a similar path, and support is available.

These worksheets are here to give you a safe space to explore your thoughts and feelings, at your own pace, in your own way.

Be gentle with yourself. You are doing the best you can.



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*It's okay to feel.
It's okay to take your time.
Your feelings matter.*



Types of Grief

Grief can look different for everyone

Grief is a natural response to loss, but it can show up in many different ways.

There is no right or wrong type of grief and no one way to experience it. Understanding the different types of grief can help you make sense of your feelings and recognise that all losses are valid.

*Different Losses.
Different Stories.
The Same Human Experience.*




Anticipatory Grief

Grief that happens before a loss. It can occur when you know a loss is coming, such as a terminal illness, and may involve feelings of sadness, fear, anger or preparation.



"It's okay to grieve before the goodbye."

Normal (Expected) Grief

The most commonly recognised type of grief, experienced after the death of a loved one. It can include a wide range of emotions and can affect your thoughts, behaviour, body and relationships.



"A natural response to a deep and meaningful loss."

Complicated Grief

Grief that feels intense and doesn't seem to ease over time. It can make it very difficult to function in daily life and may require additional professional support.



"It's okay to need extra support when grief feels overwhelming."

Disenfranchised Grief

Grief that is not openly acknowledged, validated or supported by others. This can occur with losses such as the death of a pet, a miscarriage, a break-up, or a loss that others may not understand or see as significant.



"All losses matter."

Ambiguous Grief

Grief that occurs when there is no clear closure or certainty, such as when a loved one is missing, has a lifelong illness (e.g. dementia), or is emotionally absent. It can be confusing and ongoing.



"It's hard to move forward when there are no clear answers."

Cumulative Grief

The experience of multiple losses over a period of time. Each loss can add to the weight of grief, making it harder to cope as it builds up.



"Sometimes it just feels like too much at once."

Delayed Grief

Grief that is postponed or not fully felt at the time of the loss. It can surface weeks, months or even years later, often when life becomes quieter or another trigger occurs.



"Grief can arrive when you least expect it."

Secondary Grief

The additional losses that come as a result of a primary loss. This can include changes in relationships, loss of routines, financial changes, or loss of a sense of identity.



"Grief can touch many parts of your life."

Collective Grief

Shared grief experienced by a community, group or society, such as after a natural disaster, accident, tragedy or significant world event. It reminds us that grief can be both a personal and a collective experience.



"We grieve together."



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No matter what type of grief you are experiencing, your feelings are valid, your story matters, and you are not alone.



Love
Feels Ahead
of Loss
Too

Worksheets to Help With Anticipatory Grief

Finding support for the losses you fear

It's still love
while they are here.



What is Anticipatory Grief?

Anticipatory grief is the sadness, worry and sense of loss that occurs before an actual loss happens. It is the grief we feel in advance when we know (or fear) that a significant change, separation or death is likely to occur.

It often happens when someone we care about is living with a terminal illness, a progressive condition such as dementia, or when we know a big life change is coming, such as a move, transition to aged care or the end of a relationship.

Anticipatory grief can include a mix of emotions – sadness, anger, fear, guilt, anxiety and even moments of relief. It can feel like you are grieving twice – once now, and again in the future.



Grieving now
doesn't mean
you are giving up
... it means
you love deeply.

It's a Normal Response

Anticipatory grief is a normal and natural human response. It shows how much you care.

It is not a sign of weakness, and it doesn't mean you are "overreacting" or "being negative".

Many people experience anticipatory grief, and it is a way for your heart and mind to begin preparing for what may be ahead.

It can also help you to appreciate the present, spend meaningful time with your loved one, and start to adjust to changes that may come.



Who Might Experience Anticipatory Grief?

Anticipatory grief can affect anyone, but it is common for:

- ♥ **Family members and friends** of someone with a terminal illness or chronic, progressive condition (e.g. cancer, dementia, heart disease).
- ♥ **Carers** who provide long-term care and see changes over time.
- ♥ **Children and young people** who notice a loved one is unwell or facing a life-limiting condition.
- ♥ **Partners or spouses** when their loved one is seriously ill.
- ♥ **Parents** expecting the loss of an unborn baby due to a medical condition.
- ♥ **People** facing their own terminal illness or significant health decline.
- ♥ **People experiencing major life changes** such as the end of a relationship, leaving a home, a pet nearing the end of their life, or a big move.
- ♥ **Anyone** who senses that a significant loss or change is likely in the future.



Common Triggers

Anticipatory grief can be triggered by:

- ♥ A diagnosis of a life-limiting illness
- ♥ Watching someone's health decline
- ♥ Planning for end-of-life care
- ♥ Changes in a loved one's abilities or behaviour (e.g. due to dementia)
- ♥ Seeing physical reminders of change
- ♥ Not knowing how much time is left
- ♥ Thinking about life after the loss
- ♥ Preparing for practical decisions (e.g. wills, care arrangements)
- ♥ Transitions such as moving into aged care
- ♥ The expected loss of a pet
- ♥ Relationship changes or other major life transitions

It's okay
to grieve
before the
goodbye.



How It Can Feel

Anticipatory grief can bring a mix of emotions, such as:

- Sadness
- Anxiety
- Fear
- Helplessness
- Guilt
- Anger
- Loneliness
- Feeling overwhelmed
- Relief (at times)
- Seeking more time together
- Changes in sleep or appetite
- Difficulty concentrating
- A sense of unreality
- Moments of joy and gratitude

All of these feelings are valid.



You Are Not Alone

Anticipatory grief is a common experience, and you are not alone.

It can be a quiet, lonely journey, but many others understand what you are feeling.

Talking to someone you trust, joining a support group, or using these worksheets can help you process your feelings, find comfort and make the most of the time you have.

Your feelings matter,
and your story matters.



How These Worksheets Can Help

These worksheets are designed to help you:

- ♥ Explore and understand your feelings
- ♥ Find healthy ways to cope
- ♥ Reflect on what matters most
- ♥ Prepare for changes ahead
- ♥ Practice self-care
- ♥ Create space for hope, connection and meaningful moments

Small steps can make a big difference.



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Different losses.
Different journeys.
The same human experience.



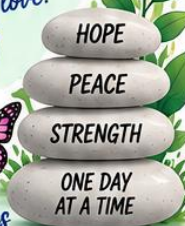


Anticipatory Grief

Explore and Understand Your Feelings

This worksheet is a safe space for you to explore your thoughts, feelings and experiences as you navigate the uncertainty of a future loss. There are no right or wrong answers. Be honest with yourself and take your time. You can always return to this page.

It's hard to let go of what is still here, but it's also love.



My Current Situation

What is happening in your life right now that may lead to a future loss?



My Understanding

What does this possible future loss mean to you? How might it affect your life, your routines, or your identity?



My Feelings

What emotions are you noticing right now? Write or circle the feelings that best describe how you feel.

- | | |
|--------------------------------------|---------------------------------------|
| ☐ Sad | ☐ Confused |
| ☐ Anxious | ☐ Lonely |
| ☐ Fearful | ☐ Hopeful |
| ☐ Overwhelmed | ☐ Grateful |
| ☐ Heartbroken | ☐ Relieved |
| ☐ Angry | ☐ Unsure |
| ☐ Guilty | ☐ Frustrated |
| ☐ Helpless | ☐ Love |
| ☐ Numb | ☐ Other: _____ |



What Am I Worried About?

What thoughts or worries keep coming up for you? It might be about the person you care about, the changes that are coming, or how you will cope.



What Gives Me Comfort?

What helps you feel more at ease during this time? This might be people, activities, beliefs, routines or anything that brings you comfort.



What Do I Need Right Now?

What support, information or practical help do you need at this stage?



What I Can Control

What are some things you can control or influence right now? (e.g. spending time together, having important conversations, planning, self-care)



What I Cannot Control

What are some things that are out of your control? How can you remind yourself to be gentle with yourself about these things?



A Message to Myself

What would you like to say to yourself right now? Write a kind and compassionate message, as if you were speaking to a close friend.



My Next Small Step

What is one small thing you can do to support yourself right now?

You don't have to have it all figured out. You just have to keep going, one small step at a time.



Today I Choose

Tick the things you would like to focus on today:

- ☐ Be gentle with myself
- ☐ Acknowledge my feelings
- ☐ Take a break when I need to
- ☐ Do something that brings me comfort
- ☐ Reach out for support
- ☐ Focus on what I can control
- ☐ Remember that love is still here
- ☐ Take one small step forward
- ☐ Other: _____



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Different journeys. The same human experience.





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

This image shows a blank sheet of white paper with light blue horizontal lines. In the top-left corner, there is a small pink heart icon next to some green leaves. Similarly, in the bottom-right corner, there is another small pink heart icon next to some green leaves. The rest of the page is empty and ready for writing.

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Anticipatory Grief

Healthy Ways to Cope & Explore Supports

Caring now
Coping today
Preparing for tomorrow

Anticipatory grief can bring up many emotions as you face a future loss. While this time can be challenging, there are healthy ways to cope and people and supports that can help you. This worksheet is designed to help you explore what works for you and where you can find support.



Healthy Ways to Cope

Tick the ideas that might help you, or add your own.

- ☐ Allow yourself to feel and express your emotions
- ☐ Talk about your feelings with someone you trust
- ☐ Take time for self-care (rest, good food, movement)
- ☐ Focus on what you can control
- ☐ Create special moments and memories now
- ☐ Keep a journal
- ☐ Spend time in nature
- ☐ Use relaxation techniques (deep breathing, mindfulness)
- ☐ Engage in activities you enjoy
- ☐ Set small, achievable goals
- ☐ Be kind and patient with yourself
- ☐ Seek professional support if needed
- ☐ Other: _____



Small steps still matter



What Helps Me Feel Better?

What activities, people, places or routines help you feel more grounded, calm or at peace during this time?



Do more of what supports you.



Managing Difficult Emotions

What helps you when you notice big emotions such as sadness, anxiety, anger or fear?

"It's okay to feel. Your feelings are valid."



Explore Your Supports

Who can support you during this time?

Write the names of people, services or groups you can turn to.

Family: _____

Friends: _____

Partner: _____

Healthcare team (e.g. GP, nurse, specialist): _____

Counsellor or therapist: _____

Support groups: _____

Community services: _____

Other: _____



You don't have to do this alone. Support is available.



Types of Support

Tick the types of support that may be helpful for you.

- ☐ Emotional support (someone to listen)
- ☐ Practical support (help with tasks or appointments)
- ☐ Information and education (understanding what to expect)
- ☐ Peer support (others with similar experiences)
- ☐ Spiritual or faith-based support
- ☐ Professional support (counselling, psychology)
- ☐ Online communities or resources
- ☐ Respite or carer support
- ☐ Support for other family members, including children
- ☐ Other: _____



When I Need Extra Help

What are some signs that I might need extra support? (e.g. feeling overwhelmed, not coping, changes in sleep or appetite)

What will I do if I need extra help?

Asking for help is a sign of strength, not weakness.



My Plan for Self-Care

Choose a few things you can commit to doing regularly.

- ☐ Get enough rest and sleep
- ☐ Eat nourishing meals
- ☐ Move my body in a way that feels good
- ☐ Take time out for activities I enjoy
- ☐ Stay connected with people who care
- ☐ Be gentle and kind to myself
- ☐ Set healthy boundaries
- ☐ Use mindfulness or relaxation techniques
- ☐ Other: _____



Small Steps Forward

What is one small step you can take this week to support your wellbeing?

Progress, not perfection.



You are not alone on this journey.



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Different journeys.
The same human experience.





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.



What matters most today creates precious tomorrows.



Anticipatory Grief

Reflect on What Matters Most

Anticipatory grief can be a reminder to pause, be present and focus on what is most important to you. This worksheet helps you explore your values, priorities and the things that bring meaning, connection and joy during this time.



A brighter tomorrow is made up of today's meaningful moments.



My Core Values

What values are most important to you in life? (e.g. love, family, honesty, kindness, adventure, peace, faith, creativity, independence).

1. _____
2. _____
3. _____
4. _____
5. _____



What Brings Me Joy?

What activities, people, places or experiences bring you happiness, peace or a sense of meaning right now?

Joy can exist alongside sadness.



Who Matters Most?

Who are the people (and/or pets) that are most important to you? What do you appreciate about them?

Cherish the people who make life brighter.



What Do I Want to Prioritise?

What would you like to focus on or make more time for during this time? (e.g. meaningful conversations, creating memories, self-care, spending time in nature).



Small, intentional moments can make a big difference.



Conversations That Matter

Are there any conversations you would like to have? What would you like to say, ask or share with the people who matter most?

Meaningful conversations create lasting memories.



Memories I Want to Create

What experiences or memories would you like to create while you still have time? (e.g. a special outing, a family tradition, a trip, a simple day at home).

It's not about how much time we have, but how we choose to use it.



How I Want to Be Remembered

What do you hope people will remember about you? What kind of legacy would you like to leave?

The impact you have on others lives on.



My Hopes for the Future

What do you still hope for, even with the uncertainty? (e.g. more quality time, peace, closure, comfort, strength, new experiences).

Hope and grief can exist together.



One Small Step

What is one small, meaningful step you can take this week to focus on what matters most?

You don't have to do everything, just one step at a time.



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Different journeys.
The same human experience.





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.



Planning today can bring more peace tomorrow.

Anticipatory Grief

Prepare for Changes Ahead

Preparing for a future loss can help you feel more in control, reduce anxiety and allow you to focus on what matters most. This worksheet will help you think about possible changes, what you can do now, and how to care for yourself through the journey.



Small steps today make a brighter tomorrow.



Possible Changes

What changes do you think might happen in the future? (e.g. health, living situation, routines, roles, relationships, finances)



What Can I Do Now?

What practical steps can you take now to prepare for these changes?

- ☐ Have important conversations
- ☐ Organise important documents
- ☐ Make plans for care or support
- ☐ Explore financial or legal options
- ☐ Write down wishes and preferences
- ☐ Build a support network
- ☐ Create meaningful experiences now
- ☐ Learn about what to expect
- ☐ Take care of my own health and wellbeing
- ☐ Other: _____



My Hopes and Wishes

What do I hope for? What would be important to me in the future? (e.g. quality of life, comfort, staying at home, being with loved ones)

Your wishes matter. They can guide the way.



Conversations to Have

Are there any conversations you would like to have? Who do you need to talk to and what would you like to discuss?

- ☐ My loved one (e.g. their wishes)
- ☐ Family members
- ☐ Healthcare team
- ☐ Financial or legal advisor
- ☐ Cultural or spiritual leader
- ☐ Other: _____



Open, honest conversations can bring clarity and peace.



Practical Planning

What areas might need planning? Tick those that apply and add any notes.

- ☐ Medical care and treatment wishes
- ☐ Advance care planning
- ☐ Financial and legal matters
- ☐ Work or study arrangements
- ☐ Home and living arrangements
- ☐ Caring responsibilities
- ☐ Funeral or end-of-life wishes
- ☐ Other: _____



Planning doesn't take away the love, it helps you focus on what matters most.



How I Can Support Myself

What will help you feel more prepared and emotionally supported through this time?

- ☐ Take time to rest
- ☐ Talk about my feelings
- ☐ Seek counselling or professional support
- ☐ Connect with people who understand
- ☐ Spend time in nature
- ☐ Engage in activities I enjoy
- ☐ Use relaxation or mindfulness techniques
- ☐ Be kind and patient with myself
- ☐ Other: _____

It's okay to take care of you while you care for others.



What Gives Me Strength?

What helps you feel calm, hopeful and resilient during difficult times?



Strength can be found in the small things.



My Next Steps

What is one or two small steps you can take in the next week or month to feel more prepared?

1. _____
2. _____

Progress, not perfection. One step at a time.



A Message to Myself

Write a kind and supportive message to yourself as you prepare for the changes ahead.

You are doing your best, and that is enough.



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Different journeys.
The same human experience.





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.



Caring for yourself today helps you face tomorrow.



Anticipatory Grief

Practice Self-Care

Taking care of yourself during anticipatory grief is not selfish – it's essential. Self-care helps you manage difficult emotions, build resilience and give you the strength to navigate what's ahead.



Self-Care Check-In

How am I looking after myself at the moment? Tick the areas you are already doing, or would like to focus on.

- ☐ Getting enough rest and sleep
- ☐ Eating nourishing meals
- ☐ Moving my body (gentle exercise)
- ☐ Spending time in nature
- ☐ Taking time to pause and breathe
- ☐ Doing things I enjoy
- ☐ Staying connected with supportive people
- ☐ Setting healthy boundaries
- ☐ Being kind and compassionate with myself
- ☐ Seeking professional support if needed
- ☐ Other: _____



What Helps Me Feel Calm?

What activities, places, or routines help you feel calm, grounded or at peace? (e.g. music, nature, a warm drink, mindfulness, reading)

Calm today creates strength for tomorrow.



Nourish My Body

How can I support my physical health during this time? (e.g. sleep, healthy food, movement, hydration)

A healthier me is a stronger me.



Nurture My Mind

What helps me manage anxious thoughts or worries? (e.g. journaling, meditation, grounding techniques, limiting unhelpful news or social media)



Nurture My Emotions

What feelings come up for me during this time and how can I care for myself when they arise?

- ☐ Allow myself to feel whatever comes up
- ☐ Take time to rest when I feel overwhelmed
- ☐ Talk to someone I trust
- ☐ Use creative outlets (e.g. art, music, writing)
- ☐ Practice self-compassion
- ☐ Remind myself that all my feelings are valid
- ☐ Seek counselling or professional support when needed
- ☐ Other: _____

It's okay to feel.
It's okay to take time.



Stay Connected

Who makes me feel supported, understood and cared for? How can I stay connected with them during this time?

Connection brings comfort.



Set Healthy Boundaries

What boundaries do I need to help protect my energy and wellbeing? (e.g. saying no, limiting commitments, taking breaks)

IT'S OKAY TO

SAY NO

TAKE A BREAK

PUT YOURSELF FIRST

Healthy boundaries create space for what matters.



Do What Brings Me Joy

What small, enjoyable activities can I include in my week? (e.g. hobbies, time with pets, watching a favourite show, creative activities)



Joy still exists, even in uncertain times.



My Self-Care Plan

Choose 2–3 self-care actions I will focus on this week:

1. _____
2. _____
3. _____

Small steps today can make a big difference tomorrow.



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You can't control what happens, but you can control how you care for yourself along the way.





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

This image shows a blank sheet of white paper with light blue horizontal lines. In the top-left corner, there is a small pink heart icon next to some green leaves. Similarly, in the bottom-right corner, there is another small pink heart icon next to green leaves. The rest of the page is empty and ready for writing.

Every thought.
Every feeling.
Still you.



Today
can still
hold beautiful
moments.



Anticipatory Grief

Hope and Meaningful Moments

Even in the midst of anticipatory grief, there can be hope, connection and meaningful moments. This worksheet helps you notice the good, find purpose, and create memories that matter, while also acknowledging the difficult emotions.



What Gives Me Hope?

What gives you hope during this time?
It might be big or small.



Hope doesn't take away
the pain, but it can sit
alongside it.



Meaningful Moments

What are some meaningful moments you
would like to experience or create during
this time? (e.g. special outings, conversations,
traditions, simple everyday moments)

It's the little moments
that often mean the most.



What Matters Now?

What is most important to you right now?
(e.g. spending time with loved ones, saying
important things, being present, showing
appreciation)

1.

2.

3.

4.

5.

Focus on what you can do,
with the time you have.



Connections and Relationships

Who do you want to spend more time with?
How can you strengthen these connections
during this time?



Time together
is a gift.



Create Positive Memories

What are some ideas for creating positive
memories? (e.g. photos, videos, a memory
box, a letter, a special activity)

- ☐ Take photos or videos
- ☐ Write letters or messages
- ☐ Make a memory box or scrapbook
- ☐ Create a playlist of meaningful songs
- ☐ Plan a special outing or experience
- ☐ Cook a favourite meal together
- ☐ Start a new tradition
- ☐ Capture stories or life lessons
- ☐ Other:



Find Meaning

What gives your life meaning during this time?
How can you continue to find purpose, even
while facing uncertainty?

Meaning can be found
in love, kindness and
the difference you make.



Look for the Good

What are some things, no matter how small,
that you can be grateful for right now?

1.

2.

3.

4.

5.



There is still beauty
to be found each day.



Things I Can Still Do

What are some activities, hobbies or
experiences you can still enjoy?

Joy can still exist,
even in uncertain times.



A Message to My Future Self

Write a kind and encouraging message to
yourself for the days ahead.

You are stronger than you know.
You are making a difference.
Keep going.



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Different journeys.
The same human experience.





Your Thoughts, Feelings and Reflections

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your feelings,
your healing
matter.

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Every thought.
Every feeling.
Still you.



Loss changes your life, but love never ends.



Normal Expected Grief



A Natural Response to Loss

Grief is the natural and expected response to a significant loss. It is a normal and healthy part of life, and something everyone experiences at some point.

Grief is the other side of love.



What is Normal Expected Grief?

Normal expected grief is the emotional, physical, social and spiritual response to a significant loss. It is a natural process that helps us adjust to change. Grief is not a sign of weakness, a mental illness or something to "get over" – it is a normal part of being human.



Grief is the price we pay for love.



When Can You Expect to Experience It?

Normal expected grief can occur after many types of losses, including:

- The death of a loved one (family, friend or pet)
- The end of a significant relationship
- Changes in health or a new diagnosis
- Loss of a job or retirement
- Moving house or leaving a familiar place
- Loss of a dream or future you had imagined
- Significant life changes (e.g. children leaving home, loss of independence)

Any significant change or loss can trigger grief.



When Might You Notice It?

Grief can begin as soon as the loss happens, but it can also show up:

- In the days, weeks or months after the loss
- At significant dates or anniversaries
- During times of change or transition
- When reminded of the person, place or situation
- In unexpected moments
- In waves – it can come and go

There is no set timeline. Grief looks different for everyone.



Common Reactions

Everyone experiences grief differently, but common reactions can include:

- **Emotional:** sadness, tearfulness, shock, anger, guilt, anxiety, numbness
- **Physical:** tiredness, changes in appetite or sleep, headaches, low energy
- **Cognitive:** difficulty concentrating, feeling confused, forgetfulness
- **Social:** withdrawing from others or needing more support
- **Spiritual:** questioning beliefs, searching for meaning



All of these reactions are normal responses to loss.



Why It Happens

Grief occurs because we form meaningful connections with people, places, roles and dreams. When something or someone important is no longer part of our life, it creates a gap. Grief is our mind, body and heart's way of adjusting to that change.



We grieve because it mattered.



Remember

- Grief is a normal and healthy process.
- There is no "right" or "wrong" way to grieve.
- It isn't a sign of weakness.
- You may feel a mix of emotions, even positive ones.
- Grief often softens over time, and most people find ways to adjust and move forward.
- You are not alone – many others have walked a similar path.

Healing doesn't mean the loss didn't matter. It means you are learning to carry it differently.



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Grief is not the end of your story, it's a chapter in it.





My story. My way. In my time.

Even in the
hardest chapters,
there is still hope.

Even in the
hardest chapters,
there is still hope.

[illegible]

*Your story
and*



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Exploring What I Have Lost

Recognising All the Pieces

Grief is about more than just the person who has died. We can experience many kinds of losses. Taking time to explore what you have lost can help you validate your feelings, understand your grief, and begin to find ways to adjust.

What we have lost shapes our tomorrow, but it also reminds us of what truly mattered.



1. The Person

What do you miss most about the person? You might like to think about:

- Their presence
- Conversations
- Hugs / physical touch
- Their personality
- Their support
- Sharing everyday moments
- Their unique qualities

I miss the little things, the big things, and everything in between.



2. Roles and Responsibilities

What roles has the person no longer been able to fill? For example:

- Partner / spouse
- Parent
- Child
- Grandparent
- Sibling
- Friend
- Carer
- Work colleague
- Someone you could rely on

How has the loss of these roles impacted your daily life?



3. Relationships

What relationships have changed or been lost? This might include:

- The person you shared your life with
- Extended family connections
- Friendships that were part of your life with the person
- A sense of belonging
- Feeling understood
- Feeling part of a team or partnership

How have your relationships been affected?



4. Future Plans and Dreams

What plans, hopes or dreams have changed or are no longer possible? For example:

- Holidays or trips together
- Life milestones (weddings, graduations)
- Growing old together
- Shared goals (business, hobbies, projects)
- Plans for retirement
- Everyday things you imagined doing together

What dreams are hardest to let go of?



5. Sense of Self

How has this loss affected you and your identity? You might have lost:

- A part of your identity (e.g. spouse, carer)
- A sense of purpose
- Confidence or security
- A feeling of being whole
- Your routine or structure
- A sense of who you are in the world

In what ways do you feel different since the loss?



6. Everyday Life

What everyday things are different now? This might include:

- Routines and daily habits
- Sharing meals
- Household responsibilities
- Activities and hobbies
- Having someone to talk to
- Feeling safe or secure at home
- Financial stability

What daily changes have been the hardest for you?



7. Experiences

What experiences have you lost, or will be different now? For example:

- Celebrations and special occasions
- Traditions and rituals
- Cultural or spiritual practices
- Inside jokes and shared memories
- Feeling their support during life's ups and downs

What experiences do you miss the most?



8. A Changed World

Sometimes a loss can change the way we see the world. You might have lost:

- A sense of safety
- Trust in life
- A belief in fairness
- A sense of certainty
- A feeling that the world is a kind place
- Your view of the future

How has your view of the world changed?



9. What I Want to Remember

Alongside the losses, what do you want to hold on to?

- Their love
- The positive impact they had
- What you learned from them
- The values they lived by
- The memories that bring you comfort
- The ways they continue to be part of you

What will you always cherish?



10. Reflections

Looking at everything you have written, what stands out for you? How is it for you to acknowledge all of these losses?

Grief is love with nowhere to go, but in time, it finds a new place within you.



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Acknowledge what you have lost, for it shows how deeply you have loved.



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





Exploring the Stages of Grief

There is no right or wrong way to grieve 

Grief is a natural response to loss. It can affect our thoughts, feelings, behaviour and physical health. The stages of grief are not a linear process and you may move back and forth between them, experience several at once, or feel them in a different order. Everyone's grief journey is unique.

A journey through loss can be difficult, but it can also lead to healing, new perspectives and a deeper appreciation of life.



The Five Stages of Grief

These stages can help us understand some of the feelings we may experience.



1. Denial

"This can't be happening"

Denial can help us cope in the early days by numbing the shock. You may feel unrealistic, confused or like the loss isn't real.

Common feelings:

- Shock
- Numbness
- Disbelief
- Feeling disconnected



2. Anger

"Why is this happening?"

Anger can arise from the pain, frustration and sense of unfairness that comes with loss. It may be directed at others, yourself or the situation.

Common feelings:

- Frustration
- Irritability
- Resentment
- Feeling powerless



3. Bargaining

"What if I had...?"

You may find yourself thinking about what could have been different, wishing you could change the outcome or trying to make sense of the loss.

Common feelings:

- Guilt
- "What if" thoughts
- Trying to make a deal
- Looking for answers



4. Depression

"I feel so sad"

As the reality of the loss sets in, intense sadness can arise. You may feel empty, tired or less interested in things. This can be a time of deep reflection.

Common feelings:

- Sadness
- Helplessness
- Withdrawal
- Loss of motivation



5. Acceptance

"I can live with this"

Acceptance doesn't mean you are "over" the loss. It means you are finding ways to live with it. There can be hope, new meaning and a sense of peace, alongside the sadness.

Common feelings:

- Greater peace
- Adjusting to a new normal
- Finding meaning
- Hope for the future



1. Where Am I Now?

Which stage or stages do you relate to at the moment?
(Tick all that apply)

- | | |
|-------------------------------------|--|
| ☐ Denial | ☐ Depression |
| ☐ Anger | ☐ Acceptance |
| ☐ Bargaining | ☐ I'm feeling a mix of stages |



2. My Feelings

What emotions are you experiencing right now?
There are no right or wrong answers.



3. What Triggers My Grief?

What situations, places, people, dates or thoughts tend to bring up painful feelings?



4. How Does It Affect Me?

How has grief impacted your thoughts, behaviour, relationships, physical health or daily life?



5. What Helps Me?

What supports you during difficult times? (e.g. people, activities, routines, self-care, beliefs)



6. Looking Ahead

What is one small step you can take to be kind to yourself right now?

*Healing takes time.
Be patient with yourself.
You are doing your best.* 

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*Grief may change you,
but it can also reveal your strength,
resilience and capacity for hope.* 



Your Thoughts, Feelings and Reflections

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your feelings,
your healing
matter.

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Every thought.
Every feeling.
Still you.





My Beliefs Around Death and Grief

Exploring What Feels True for Me

Our beliefs about death and grief can influence how we experience loss, how we cope, and what helps us find meaning. There is no right or wrong way to believe. This worksheet invites you to explore your own beliefs, with curiosity, respect and kindness towards yourself.

Different beliefs.
Different journeys.
There is no right or wrong way to grieve.



1 What Do I Believe?

What are my current beliefs about the following? (Write whatever feels true for you.)

What happens when we die?

Is there an afterlife?

Do I believe in a soul or spirit?

Do I believe we can still feel connected to loved ones who have died?

Do I believe grief ever truly ends?



2 Where Do My Beliefs Come From?

Our beliefs are often shaped by many influences. Tick the ones that have influenced your beliefs about death and grief (you can tick more than one).

- ☐ Family and upbringing
- ☐ Culture or traditions
- ☐ Religion or spirituality
- ☐ Life experiences (including past losses)
- ☐ Education or learning
- ☐ Friends or community
- ☐ Media (books, movies, internet)
- ☐ Personal reflections
- ☐ Nature and the world around me
- ☐ Other: _____



All influences are valid. They help shape your unique perspective.

3 How Do My Beliefs Help Me?

How do my beliefs about death and grief support me? What comfort, meaning or hope do they bring?

Our beliefs can be a source of comfort, strength and peace.



4 How Can My Beliefs Be Challenging?

Are there any beliefs that make grief harder for me? For example, do I ever feel:

- ☐ Fear of death
- ☐ Guilt (e.g. about moving forward)
- ☐ Worry about what happens to my loved one
- ☐ Pressure to "be okay"
- ☐ Confusion or uncertainty
- ☐ Anger at what I believe (or don't believe)
- ☐ Conflict between my beliefs and others
- ☐ Other: _____



It's okay if some of your beliefs feel confusing or difficult. You are not alone.

5 Respecting Different Beliefs

People around us may have different beliefs about death and grief. How do I feel about the beliefs of others? What helps me be open and respectful, even when their beliefs are different to mine?



Different beliefs can coexist with love, understanding and respect.



6 What Feels True for Me Now?

After reflecting, what feels most true for me right now? My beliefs might change over time, and that's okay.

It's okay for your beliefs to evolve. You can hold uncertainty and still find peace.



7 How Do My Beliefs Influence My Grief?

How do my beliefs affect the way I grieve? Do they influence how I remember my loved one, how I cope with the loss, or what gives me hope?



Your beliefs are part of your unique grief journey.



8 What Gives Me Comfort?

What helps me feel comforted when I think about death and grief? (e.g. nature, prayer, memories, rituals, spending time with loved ones, helping others, creativity, etc.)



Comfort can be found in many different ways. There is no right or wrong.



9 A Final Reflection

What is one thing I want to remember about my beliefs around death and grief?



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What feels true for you is enough





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

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Every feeling.
Still you.



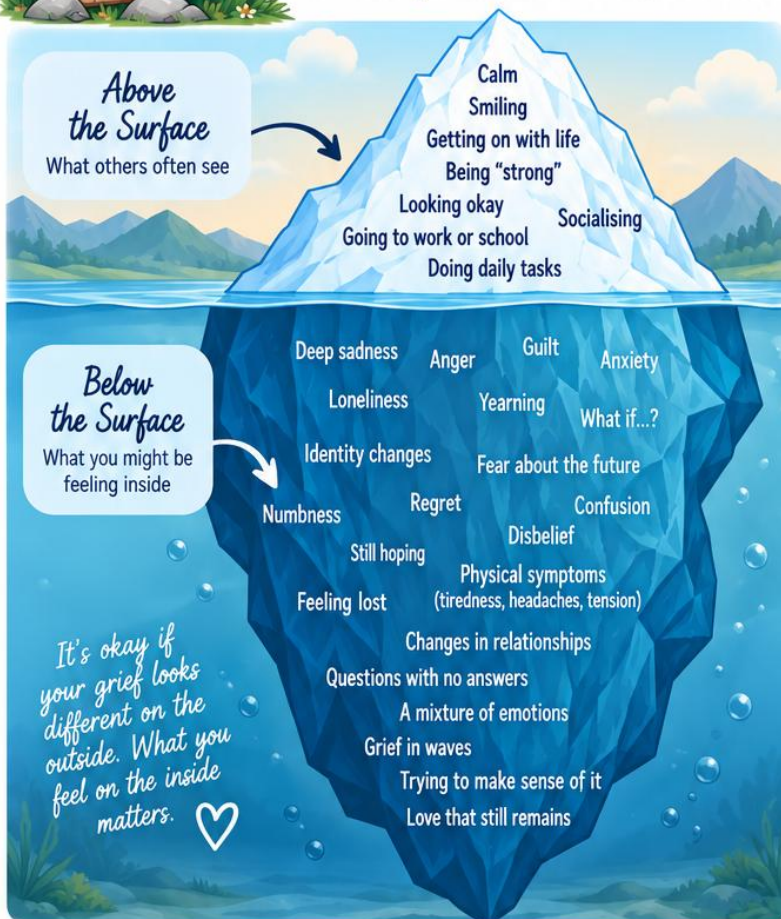


The Grief Iceberg

There's More Beneath the Surface

Grief is like an iceberg. What others see on the surface is only a small part of what you are really feeling. The deeper, hidden emotions can be much bigger. This worksheet can help you reflect on your own grief, understand what might be beneath the surface, and be kinder to yourself.

Just because I am smiling, getting through the day, or seem "okay" doesn't mean I'm not grieving. There is so much beneath the surface.



There's More Beneath the Surface

Like an iceberg, the biggest part of grief is hidden beneath the surface. You might be keeping many thoughts and feelings inside. This doesn't mean you are not coping – it means you are human. Grief can be complex, and it's okay to feel many emotions at once.

1 What's Visible?



What do others see when they look at you?
List some of the things you show on the outside.

2 What's Hidden?



What are some of the thoughts, feelings and struggles you experience beneath the surface of your grief? This can include emotions, physical sensations, worries or changes in your life.



3. Be Kind to Yourself

What would you say to a friend who was feeling all of these hidden emotions? Now, write those kind and compassionate words to yourself.

You are doing better than you think.



4. What Do I Need?

Thinking about everything beneath the surface, what do you need right now? (e.g. more rest, understanding, time, connection, support, space, professional help)

It's okay to ask for support.



5. A Final Reflection

What have you learned about your grief from the iceberg? How can this understanding help you be kinder to yourself or communicate your needs to others?

There is strength in what you carry, even when it's unseen.



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Grief may be hidden, but it is always real, and your feelings are valid.



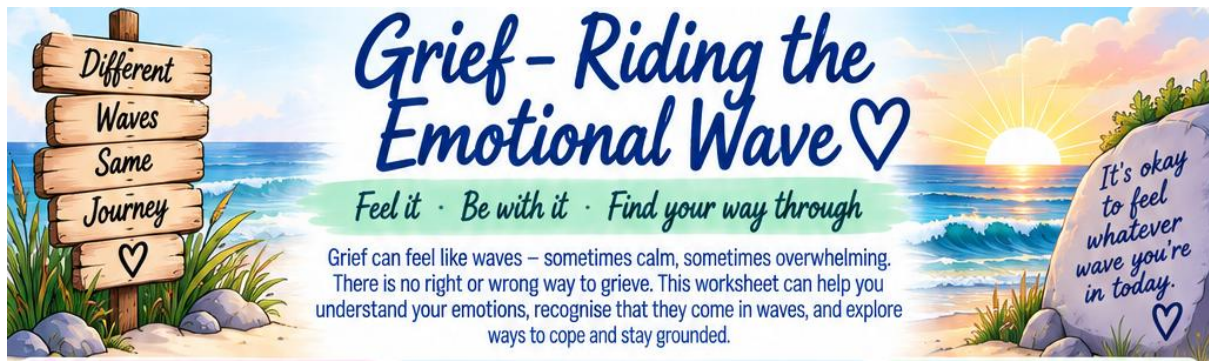
Your Thoughts, Feelings and Reflections

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[illegible]

Every thought.
Every feeling.
Still you.





1 Where Am I Right Now?

How would you describe the intensity of your grief today?

- ☐ Calm
- ☐ Mild
- ☐ Moderate
- ☐ Strong
- ☐ Overwhelming

What emotions are showing up for you today? (You can choose more than one)

- | | |
|----------------------------------|---------------------------------------|
| ☐ Sad | ☐ Hopeful |
| ☐ Angry | ☐ Grateful |
| ☐ Anxious | ☐ Confused |
| ☐ Numb | ☐ Relieved |
| ☐ Lonely | ☐ Other: _____ |

2 The Grief Wave

Grief often comes in waves. The intensity can rise, peak, and then ease, before another wave comes. Each wave may feel different and can be triggered by a thought, memory, place, date or something unexpected.



3 What Triggers My Waves?

What tends to trigger stronger feelings of grief for you? (e.g. dates, places, certain people, sounds, reminders, changes)

It's okay – triggers are a normal part of grief. ♥



4 What Do I Feel in My Body?

Grief can show up in our bodies. What physical sensations do you notice when a wave hits? (e.g. tight chest, sadness, tiredness, headaches)



5 Healthy Ways to Ride the Wave

What helps you when grief feels intense?

Tick the strategies that work for you, or add your own.

- ☐ Take slow, deep breaths
- ☐ Allow myself to feel the emotion
- ☐ Talk to someone I trust
- ☐ Spend time in nature
- ☐ Journal my thoughts
- ☐ Listen to calming music
- ☐ Engage in a creative activity
- ☐ Practice mindfulness or grounding
- ☐ Give myself permission to rest
- ☐ Remind myself that the feelings will pass
- ☐ Focus on one small thing I can do
- ☐ Other: _____



6 My Support Network ♥

Who can support you when the waves feel big? (e.g. family, friends, counsellor, support group, pet, community)

You don't have to ride the waves alone.



7 A Message to Myself

What would you like to remind yourself when the next wave comes? (e.g. words of comfort, strength, hope)



I can get through this. I am doing the best I can. ♥

8 Looking Ahead

What is one small thing you can do for yourself this week to be kind and supportive as you continue your grief journey?



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Different journeys. The same human experience. ♥





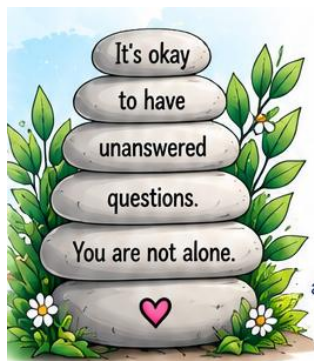
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[illegible]

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Still you.





Exploring Unanswered Questions

Making space for the questions that remain

After a loss, it's common to be left with questions that may never have clear answers. These unanswered questions can be a painful part of grief. This worksheet provides a safe space to explore those questions, acknowledge your feelings, and find gentle ways to carry them.

Some questions may never be answered, but your feelings are still valid. 



1. What questions do I have?

Write down the questions that remain for you. There are no right or wrong questions.



2. Why do these questions matter?

What do these questions mean to you? How do they affect your thoughts, feelings or daily life?



3. What feelings come up?

What emotions do you notice when you think about these unanswered questions? (e.g. sadness, anger, confusion, guilt, longing)



4. What can I and can't I control?

Which of these questions might never be answered? What is outside of your control? What can you still have some influence over?



5. How do I cope with the uncertainty?

What helps you when you are left with unanswered questions? (e.g. talking to someone, journaling, focusing on what you do know, self-compassion, spirituality)



6. What brings me comfort?

When the questions feel heavy, what can you remind yourself of? (e.g. love, memories, personal strengths, values, the support around you)



7. A Message to Myself

Write a few kind and reassuring words to yourself about living with unanswered questions.

It's okay to live with questions. You can still find meaning, hope and peace. 



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You don't have to have all the answers to move forward. 





Your Thoughts, Feelings and Reflections

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your feelings,
your healing
matter.

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Every feeling.
Still you.





Exploring Secondary Losses

Recognising the wider impact of loss

When we experience a significant loss, the pain often reaches beyond the obvious loss. Secondary losses are the other changes and losses that happen as a result. They can affect our daily life, identity, relationships, routines and future plans. Acknowledging these losses can help us understand our feelings and be kinder to ourselves during the grieving process.

*It's okay to grieve
all that has changed,
not just what has been lost.*



What are Secondary Losses?

Secondary losses are the additional losses or changes that occur because of a primary loss (such as the death of a loved one, a health diagnosis, relationship breakdown, or major life change). These losses can be just as painful and real, even though they may be less visible to others.



Examples of Secondary Losses

- Loss of routine or structure
- Loss of identity or role
- Loss of independence
- Loss of future plans or dreams
- Loss of companionship
- Loss of financial stability
- Loss of social connections
- Loss of a sense of security
- Loss of hobbies or interests
- Loss of health or physical ability
- Loss of confidence
- Loss of a sense of purpose
- Loss of familiarity or home



1. My Primary Loss

What is the main loss you have experienced?



2. Identifying My Secondary Losses

What other losses or changes have occurred as a result?
Think about different areas of your life.

- ---
- ---
- ---
- ---
- ---
- ---



3. How Do These Losses Affect Me?

How have these losses impacted your thoughts, feelings, behaviour or daily life?



4. What Do I Miss?

What do you find yourself missing the most?
This might be people, places, activities, or parts of yourself.



5. What Has Been Challenging?

What aspects of these secondary losses have been the hardest to adjust to?



6. What Might Help?

What support, strategies or self-care could help you navigate these losses? What is one small step you could take to support yourself?



*All of your feelings are valid
You are not alone*



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*Healing is not about
forgetting, but finding a way
forward with hope.*





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





It's okay
for many things
to be hard
at the same time.

Cumulative Grief Activity Worksheet

Many Losses. One Life. Still You.

You can grieve
more than one thing.
Your feelings don't
cancel each other out.
All of your losses
matter.

What is Cumulative Grief?

Cumulative grief is the ongoing experience of multiple losses over time. These losses can be big or small, expected or unexpected, and may include the death of loved ones, relationship breakdowns, health changes, job loss, loss of home, or other significant life changes. Each loss can add to previous grief, making it feel heavier and harder to manage. Your feelings are valid, and it's okay to acknowledge the impact of all your losses.



1. My Losses Over Time

Take a moment to think about the losses you have experienced. These can be recent or from the past.

What did I lose?	When?	How did it affect me?



Every loss has had an impact.
Each one matters.



2. How It Adds Up

Cumulative grief can make emotions feel more intense, even if each loss on its own feels manageable. Tick the ways cumulative grief shows up for you.

- ☐ I feel overwhelmed more easily
- ☐ It's harder to cope with new challenges
- ☐ I feel like I'm always grieving something
- ☐ I sometimes feel numb or disconnected
- ☐ I have less energy
- ☐ I find it hard to think positively about the future
- ☐ I feel more anxious or sad than I used to
- ☐ I have trouble sleeping
- ☐ I feel like I'm carrying a heavy load
- ☐ I compare losses or feel guilty for feeling one more than another
- ☐ I experience physical symptoms (headaches, tension, tiredness, etc.)
- ☐ Other: _____

It makes sense that it feels heavier.
You've been through a lot.



3. What I Notice in Myself

How has cumulative grief affected different areas of your life? Write or draw your thoughts.

Emotions (what I feel)	
Thoughts (what I think)	
Body (physical symptoms)	
Behaviour (what I do or avoid)	
Relationships (how I connect with others)	
Daily life (routines, home, work)	
Sense of self (how I see myself)	



It's okay if things feel different now.
You are still you, even in the midst of grief.



4. What Helps Me Cope?

Tick the things that help you manage your grief and add your own ideas.

- ☐ Talking to someone I trust
- ☐ Spending time in nature
- ☐ Journaling or writing
- ☐ Being creative (art, music, etc.)
- ☐ Gentle exercise or movement
- ☐ Rest and sleep
- ☐ Practising mindfulness or breathing exercises
- ☐ Honouring my losses in a special way
- ☐ Setting small, achievable goals
- ☐ Taking time out when I need it
- ☐ Connecting with others who understand
- ☐ Reminding myself that it's okay to not be okay
- ☐ Other: _____
- ☐ Other: _____



Small steps can make a big difference.



5. An Activity: My Grief Story

Draw a timeline or use the space below to map out your losses. You can use words, symbols or drawings. Include what each loss meant to you and how it still influences you today.



My story is a collection of love,
loss, strength and resilience.



6. Looking Forward

Even with many losses, there can still be hope, meaning and moments of joy. What would you like to focus on moving forward?

What do I need right now?

What is within my control?

What gives me comfort or hope?

What is one small step I can take this week?

I can carry my past
and still create a meaningful future.



7. A Letter to Myself

Write a few kind and compassionate words to yourself. Acknowledge all that you have been through, and remind yourself of your strength.

I am proud of how I keep going.



Remember...

- It's okay to grieve many things.
- There is no right or wrong way to grieve.
- Your feelings are valid.
- You are not alone.
- Cumulative grief is real, and it can be heavy.
- You have shown incredible strength.
- There can still be hope, healing and new beginnings.

You have
carried so much,
and you are
still here.
That's something
to be proud of.



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Many chapters. Still a beautiful story.





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





My Grief Triggers

Noticing, Understanding, and Caring for Myself

Grief triggers are reminders that can bring up waves of sadness, anger, longing or other emotions. They can be people, places, events, smells, sounds, dates or situations. This worksheet will help you identify your personal grief triggers, explore how they affect you, and plan ways to cope and care for yourself.

It's okay if certain things still hurt. They are reminders of how much they meant to you.



1 What Are Grief Triggers?



Grief triggers are anything that reminds you of your loved one or your loss. They can be expected or unexpected, and can bring up strong emotions, even a long time after the loss.

2 Common Grief Triggers

Tick any that you relate to, or add your own.

- | | |
|---|--|
| ☐ Special dates (birthdays, anniversaries, holidays) | ☐ Comments or questions from others |
| ☐ Places we used to go | ☐ Milestones (e.g. weddings, graduations, new babies) |
| ☐ Certain songs or music | ☐ Certain foods or meals |
| ☐ Photos or videos | ☐ Driving past familiar places |
| ☐ Seeing their belongings | ☐ Media (tv shows, films, news) |
| ☐ Smells (e.g. perfume, food) | ☐ Feeling tired or stressed |
| ☐ Sounds (e.g. their laugh) | ☐ Quiet moments |
| ☐ Family gatherings | ☐ Being alone |
| ☐ Changes in seasons | ☐ Other: _____ |
| ☐ Seeing others with loved ones | ☐ Other: _____ |

3 My Personal Triggers

What are the main things that trigger my grief? Be as specific as you can.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

4 How Do My Triggers Affect Me?

What emotions, thoughts or physical reactions do I notice when I am triggered? (Tick all that apply or add your own).

- ☐ Sadness
- ☐ Anger
- ☐ Anxiety
- ☐ Loneliness
- ☐ Guilt
- ☐ Numbness
- ☐ Longing
- ☐ Tiredness
- ☐ Difficulty concentrating
- ☐ Changes in appetite
- ☐ Trouble sleeping
- ☐ Crying
- ☐ Withdrawing from others
- ☐ Other: _____
- ☐ Other: _____

My feelings are valid, no matter what triggers them.



5 When Do Triggers Happen?

Are there certain times, places or situations when you notice your triggers more?



Dates / Anniversaries:



Places:



People / Situations:



Other times (e.g. seasons, specific events):

6 What Might Help?

What can I do to support myself when I know a trigger might happen? (Tick or add your own ideas).

- ☐ Give myself permission to feel my emotions
- ☐ Plan ahead for difficult dates or events
- ☐ Have a support person with me
- ☐ Take breaks when I need to
- ☐ Use grounding or breathing exercises
- ☐ Keep something comforting with me (e.g. photo, item, playlist)
- ☐ Talk to someone I trust
- ☐ Write in a journal
- ☐ Be kind and patient with myself
- ☐ Remind myself that it's a sign of love
- ☐ Other: _____
- ☐ Other: _____

Small steps can make a big difference.



7 Unhelpful Responses

What responses or situations make it harder for me when I am triggered?



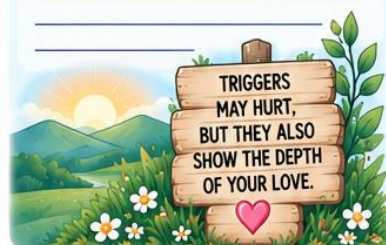
8 Helpful Reminders

Write some kind and supportive reminders to yourself for when you are triggered.



9 A Final Reflection

What have I learned about my triggers? How can I be compassionate with myself when they arise?



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Every feeling.
Still you.





My Hardest Moments Plan

Navigating Grief, One Step at a Time

Grief can bring waves of emotions, and some moments feel harder than others. This plan will help you prepare for those difficult moments, so you can feel a little more supported, grounded and in control when they come.

It's okay to find some moments harder. You're human, and you're doing your best.



1. My Hardest Moments

What situations, times, dates, places or triggers are most difficult for you?

Examples: anniversaries, birthdays, special events, quiet times, being alone, certain places, certain songs or memories.



2. What I Might Feel

How do I usually feel during these hard moments? (Tick or add your own)

- | | |
|--------------------------------------|---------------------------------------|
| ☐ Sad | ☐ Guilty |
| ☐ Anxious | ☐ Confused |
| ☐ Angry | ☐ Tired |
| ☐ Lonely | ☐ Irritable |
| ☐ Numb | ☐ Hopeless |
| ☐ Overwhelmed | ☐ Other: _____ |



3. Early Warning Signs

What are the signs that I'm struggling? This can help me notice when I need to use my plan.

Examples: changes in sleep, withdrawing from others, low energy, feeling tearful, negative thoughts, changes in appetite.



4. What Helps Me

What strategies, activities or supports help me feel a little more okay during my hardest moments?

Examples: deep breathing, going for a walk, listening to calming music, writing in a journal, being in nature, looking at photos, spending time with a pet, quiet time, a warm drink, talking to someone.



5. My Support People

Who can I reach out to when I'm struggling? (It's okay to ask for help)

Name	Relationship	Phone / Contact



6. My Self-Care Toolbox

Things I can do for myself to feel safer, calmer and more supported.

- ☐ Take slow, deep breaths
- ☐ Be kind to myself
- ☐ Remind myself that my feelings are valid
- ☐ Use my comfort items: _____
- ☐ Do something that usually brings me comfort: _____
- ☐ Other: _____



7. A Reminder to Myself

Write a kind and supportive message to yourself for when things feel really hard.



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Grief - Dysfunctional Thoughts

Noticing, Challenging and Being Kinder to Myself

When we grieve, it's common to have painful, irrational or unhelpful thoughts. These thoughts can increase feelings of guilt, sadness, anger or hopelessness. This worksheet will help you notice your dysfunctional thoughts, gently challenge them, and replace them with more balanced and compassionate thoughts.

It's okay if my thoughts are messy right now. I am grieving. I can challenge the hard thoughts and find kinder, more balanced ways of thinking.

1 What Are Dysfunctional Thoughts?

Dysfunctional thoughts are unhelpful, negative or irrational thoughts that can make you feel worse. They are common in grief and can feel very real, even when they are not entirely true.



Grief can make our thoughts louder, harsher and more emotional. This doesn't mean they are facts.

2 Common Dysfunctional Thoughts in Grief

Tick the thoughts you have experienced, or add your own.

- ☐ It's my fault they died.
- ☐ I should have done more.
- ☐ I can't go on without them.
- ☐ I will never be happy again.
- ☐ I don't deserve to be happy.
- ☐ No one else understands my pain.
- ☐ Life is pointless now.
- ☐ I should be over this by now.
- ☐ If I move on, it means I am forgetting them.
- ☐ I can't handle this.
- ☐ Everything reminds me of them.
- ☐ I feel like a part of me is missing.
- ☐ Other: _____
- ☐ Other: _____



3 My Dysfunctional Thoughts

Write down some of the unhelpful or painful thoughts you have been having.

1. _____
2. _____
3. _____
4. _____
5. _____

It's helpful to get your thoughts out of your head and onto paper.



4 How Do These Thoughts Make Me Feel?

What emotions do these thoughts bring up for you? (Tick any that apply or add your own.)

- ☐ Sad
- ☐ Anxious
- ☐ Guilty
- ☐ Angry
- ☐ Hopeless
- ☐ Lonely
- ☐ Overwhelmed
- ☐ Numb
- ☐ Worthless
- ☐ Tired
- ☐ Other: _____
- ☐ Other: _____

Our thoughts, feelings and behaviours are connected.



5 Is This Thought Helpful?

For each thought, ask yourself:

- Is this thought a fact or a feeling?
- Is there another way to look at this?
- Would I say this to a friend who is grieving?
- Is this thought helping me, or making it harder to heal?
- What would a kinder, more balanced thought sound like?



Just because I think it, doesn't mean it's true.

6 A Kinder, More Balanced Thought

Choose one of your dysfunctional thoughts from section 3 and write a more balanced, compassionate thought to replace it.

Unhelpful thought: _____

A kinder, more balanced thought: _____



I can hold on to their memory and still find moments of joy.

7 Helpful Reminders

Read these reminders when your thoughts feel overwhelming.

- ☐ My grief is valid.
- ☐ It's okay to have good days and hard days.
- ☐ I did the best I could with what I knew at the time.
- ☐ It's natural to feel pain after a big loss.
- ☐ I can miss them and still live a meaningful life.
- ☐ Healing doesn't mean forgetting.
- ☐ I am allowed to feel whatever I feel.
- ☐ I am not alone.
- ☐ With time, my thoughts can become kinder.
- ☐ Other: _____
- ☐ Other: _____



8 My Plan for Healthier Thinking

What can I do when I notice I'm having unhelpful thoughts?

- ☐ Pause and take a few deep breaths
- ☐ Remind myself that my thoughts are not facts
- ☐ Talk to someone I trust
- ☐ Write my thoughts down
- ☐ Focus on what I can control
- ☐ Be kind and patient with myself
- ☐ Use positive affirmations
- ☐ Engage in something that brings me comfort
- ☐ Seek professional support if needed
- ☐ Other: _____
- ☐ Other: _____

9 A Final Reflection

What is one thing I want to remember about myself and my grief journey?



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Be kinder to your thoughts. You are grieving, and you are still you.





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Grief Coping Skills

Gentle ways to support yourself

Grief can bring many emotions and challenges. Coping skills can help you manage the ups and downs, take care of yourself and find moments of peace, even in the midst of pain.



1. Allow Your Feelings



- Give yourself permission to feel whatever comes up.
- It's okay to feel sad, angry, confused or numb.
- There is no right or wrong way to grieve.

All feelings are valid.

2. Practice Self Care



- Get enough rest and sleep.
- Eat nourishing food.
- Drink water.
- Move your body in gentle ways.
- Take time out for things that bring you comfort.

Caring for yourself helps you cope.

3. Find Healthy Outlets



- Journal your thoughts and feelings.
- Express yourself through art, music or creativity.
- Spend time in nature.
- Talk to someone you trust.
- Try relaxation techniques like deep breathing.

Find what helps you feel a little lighter.

4. Stay Connected



- Reach out to family, friends or a support group.
- Talk about your loved one if it feels right.
- Let others support you.
- Spend time with people who make you feel safe and accepted.

You don't have to go through this alone.

5. Manage Overwhelming Moments



- Try slow, deep breathing.
- Use the 5 senses – notice 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.
- Take a break from what feels too much.

It's okay to pause.

6. Be Kind to Yourself



- Speak to yourself with compassion.
- Let go of self-judgement.
- Accept that some days will be harder than others.
- Celebrate small wins.

There is no timeline for grief.

7. Find Meaning and Remember



- Keep their memory alive in a way that feels right for you (e.g. photos, stories, rituals).
- Focus on the positive impact they had on your life.
- Look for small moments of joy and gratitude, even in difficult days.

Love continues in different ways.

8. Set Small Goals



- Take one day at a time.
- Set simple, achievable goals.
- Focus on what you can control.
- Be proud of each small step forward.

Progress, not perfection.

9. Limit Unhelpful Coping Strategies



- Be mindful of using alcohol, drugs, excessive screen time or avoiding people.
- Notice when these behaviours make you feel worse.
- Reach out for support if needed.

Choose what truly helps you.

10. Seek Support When Needed



- Talk to a counsellor or professional support service.
- Join a grief support group.
- Reach out if you notice ongoing difficulties with sleep, appetite, mood or daily functioning.
- It's okay to ask for help.

Support is a sign of strength.

11. Be Patient



- Grief can change over time and often comes in waves.
- Healing doesn't mean forgetting.
- Some days will feel easier, others will be harder.
- Give yourself time – you are adjusting to a big loss.

It takes time, and that's okay.

12. Hold on to Hope



- Even in the hardest times, there can still be moments of peace, connection and joy.
- Life can feel different, yet meaningful again.
- You can carry your loss and still create a hopeful future.

There is still light ahead.



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*Different journeys.
The same human experience.*



*You Matter
Always*



What Has Helped?

Recognising what supports you

During times of grief, different things can help, even if only in small ways. This page is a space for you to think about and write down what has helped you through your loss. There are no right or wrong answers – anything that has made a difference is valid.

It's okay
if what helps
is different for you.
Every step
matters.



People

Who has helped you?
(e.g. family, friends, support
groups, counsellor, colleagues,
pets)



Activities

What activities have helped
you?
(e.g. walking, being in nature,
reading, exercise, creative
outlets, hobbies)



Thoughts and Beliefs

What thoughts, values or
beliefs have supported you?
(e.g. faith, gratitude, positive
self talk, reminding yourself
you're doing your best)



Daily Routines

What routines or small daily
things have made things a little
easier?
(e.g. rest, healthy eating, quiet
time, structure)



Support Services

Have any services or
professionals been helpful?
(e.g. GP, counsellor, support
group, helpline, community
services)



Other

Is there anything else that
has helped you, even in a
small way?

You have faced
difficult days and found
ways to cope. That shows
strength.



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Notice what
has helped, and let it
remind you of your
resilience.



You are
stronger
than you know.



Grief Worksheet

Exploring Strengths and Coping Skills

Grief can be challenging, but it can also show us our strength, resilience and capacity to cope. This worksheet will help you recognise your strengths, explore the coping skills that work for you, and plan how to use them when grief feels overwhelming.



1. What is Helping Me Now?

What have you been doing that helps you cope, even a little? (e.g. talking to someone, being in nature, listening to music)



Small steps
still make a difference.



2. My Strengths

What personal strengths have helped you through difficult times in the past? (e.g. patience, kindness, resilience, humour, determination)

You have faced difficult
days before, and you have
found a way through.



3. Evidence of My Strength

Think of a time when you coped with something that was really hard. What did that experience show you about yourself?

You are braver, kinder
and stronger than you realise.



4. Coping Skills Toolbox

Tick the strategies that help you, or add your own.

- | | |
|---|---|
| ☐ Deep breathing | ☐ Spending time with animals |
| ☐ Spending time in nature | ☐ Having a routine |
| ☐ Talking to someone I trust | ☐ Resting and sleep |
| ☐ Journaling or writing | ☐ Spiritual practices |
| ☐ Listening to music | ☐ Setting boundaries |
| ☐ Gentle exercise or walking | ☐ Taking time out |
| ☐ Creative activities (art, craft, etc.) | ☐ Focusing on what I can control |
| ☐ Reading | ☐ Using positive self talk |
| ☐ Practicing gratitude | ☐ Professional support (counsellor, GP, support group) |
| ☐ Mindfulness or meditation | ☐ Other: _____ |



5. What Helps Me Feel Safe?

What people, places, activities or routines make you feel safe, supported and comforted?



It's okay
to do what
you need
to feel safe.



6. Challenging Times

What are some signs that you might be struggling? What coping skills can you use in those moments?

You can get
through the
hard moments.



7. My Support Network

Who can you reach out to when you need support? (e.g. family, friends, support group, counsellor)



You don't have to do this alone.



8. My Plan for the Tough Days

What are 3-5 things you can do when grief feels overwhelming?

- _____
- _____
- _____
- _____
- _____



You have the tools, the strength
and the courage to keep going.



9. A Message to Myself

What would you like to remind yourself during this grieving journey?



I am doing my best,
and that is enough.



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Grief is not a sign of weakness.
It is a sign of love.





Your Thoughts, Feelings and Reflections

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your healing
matter.

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Every thought.
Every feeling.
Still you.



Those we love don't go away, they walk beside us every day in different ways. 

Ideas for Continuing Bonds

Keeping Their Love Part of Your Life

Grief doesn't mean letting go. Continuing bonds is about finding meaningful ways to keep a connection with the person who has died, while also living your life. There is no right or wrong way – it's about what feels meaningful to you.



1. Keep Their Memory Alive

Simple ways to honour and remember them.



- ☐ Look at photos or videos
- ☐ Create a memory scrapbook
- ☐ Display a special item
- ☐ Visit meaningful places
- ☐ Celebrate special dates (birthdays, anniversaries)
- ☐ Share stories with family and friends
- ☐ Create a memory box
- ☐ Other: _____

2. Talk About Them

Keeping their name and stories part of everyday life.



- ☐ Talk about them with family and friends
- ☐ Share funny or special memories
- ☐ Use their favourite phrases or sayings
- ☐ Keep their story alive with younger generations
- ☐ Write letters to them
- ☐ Talk about how they have influenced you
- ☐ Other: _____

3. Create Rituals and Traditions

Meaningful rituals can help you feel connected.



- ☐ Light a candle
- ☐ Plant a tree or flowers
- ☐ Visit a special place
- ☐ Cook their favourite meal
- ☐ Create a yearly tradition
- ☐ Take part in a charity or cause they cared about
- ☐ Have a quiet moment of reflection
- ☐ Other: _____

4. Express Your Love

There are many ways to show love, even when they are no longer here.



- ☐ Write a letter to them
- ☐ Keep a journal
- ☐ Say 'I love you' out loud
- ☐ Include them in your thoughts or prayers
- ☐ Create something creative (art, music, poetry)
- ☐ Set a personal goal in their memory
- ☐ Other: _____

5. Feel Their Presence

Many people find comfort in feeling their loved one is still near.



- ☐ Notice signs (e.g. butterflies, birds, songs)
- ☐ Feel their presence in nature
- ☐ Talk to them in your thoughts
- ☐ Keep something that reminds you of them
- ☐ Use a special item (e.g. jewellery, clothing)
- ☐ Trust the moments that bring you comfort
- ☐ Other: _____

6. Carry Their Values Forward

Their values and lessons can continue to guide and inspire you.



- ☐ Think about what they taught you
- ☐ Live out their values
- ☐ Be the kind of person they are proud of
- ☐ Make choices that honour their memory
- ☐ Help others, just as they did
- ☐ Keep their kindness alive through your actions
- ☐ Other: _____

7. Include Them in Your Life

They can still be part of your daily life in meaningful ways.



- ☐ Talk to them during your day
- ☐ Include them in your decisions
- ☐ Have a 'cuppa' and share your thoughts
- ☐ Imagine what advice they might give
- ☐ Keep them close in your heart
- ☐ Find small ways to involve them
- ☐ Other: _____

8. Take Care of You

Keeping a bond also means looking after your own wellbeing.



- ☐ Allow yourself to grieve
- ☐ Be kind and patient with yourself
- ☐ Do things that bring you comfort
- ☐ Ask for support when needed
- ☐ Find balance between remembering and living your life
- ☐ Remember they would want you to be happy
- ☐ Other: _____

My Personal Ideas

What ideas feel meaningful to you? Write or draw your own ways to keep connected.





My Next Steps

Choose one or two ideas you would like to try. When will you do them?

1. _____ When: _____
2. _____ When: _____

The bond lives on through the love, memories and the impact they had on your life. 



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Different paths,
still connected. 

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Exploring Continuing Bonds

Keeping Connections, Carrying Love

Grief doesn't mean letting go. Continuing bonds is about finding meaningful ways to keep a connection with the person who has died, while also living your life. This worksheet will help you explore the special ways you can continue your bond.

Love doesn't end with loss... it just finds new ways to be with you.



1. What Continuing Bonds Means to Me

What does keeping a connection with your loved one mean to you? How do you understand continuing bonds?



2. Special Memories

What memories do you treasure? How might these memories continue to be part of your life?



3. Ways I Feel Connected

How do you already feel close to your loved one? (Tick any that apply or add your own.)

- | | |
|--|---|
| ☐ Looking at photos | ☐ Thinking about the values they taught me |
| ☐ Talking about them | ☐ Doing things we enjoyed together |
| ☐ Visiting special places | ☐ Feeling their presence |
| ☐ Keeping their belongings | ☐ Through dreams |
| ☐ Listening to their favourite music | ☐ Talking to them |
| ☐ Cooking their favourite meals | ☐ Other: _____ |
| ☐ Noticing signs (e.g. animals, nature) | ☐ Other: _____ |



4. Maintaining the Bond

What are some meaningful ways you would like to keep your connection with your loved one? (e.g. rituals, traditions, creating something, helping others)



5. How They Still Influence Me

In what ways do they continue to influence your life, choices, or values?



6. Finding Comfort

What brings you comfort when you think about your loved one? How can you create more of these moments in your life?

Their love is still a part of you. It lives on in the choices you make, the kindness you show, and the memories you hold.



7. Moving Forward Together

How can you honour your loved one while also taking care of yourself and continuing to live a meaningful life?



8. A Personal Commitment

Write one or two things you will do to nurture your continuing bond and support your own healing.



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Grief changes the shape of our lives, but love continues to be part of the story.





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Meaning Making

Finding Meaning After Loss

Making meaning doesn't mean "moving on" or forgetting. It means finding ways to carry your loss while also noticing what you have learned, how you have grown, and what still matters to you. This worksheet can help you reflect on your experience and discover your own meaning, in your own time and your own way.



1. What Has Changed?

What has been different in your life since the loss? (e.g. your outlook, priorities, relationships, values)



2. What Have I Learned?

What lessons or insights have you gained from this experience?



3. Inner Strength

What strengths have you discovered in yourself through your grief?



4. Connection

How has this experience affected the way you connect with others? (e.g. more compassion, deeper relationships)



5. What Still Matters

What is important to you now? Has the loss helped you see what really matters in life?



6. Keeping Their Memory Alive

How do you continue to honour or remember the person, pet or what you have lost?



7. A Positive Impact

Has the loss led to any positive changes, actions or contributions in your life? (e.g. helping others, supporting a cause, being more present)



8. My Meaning

What meaning can you find in your experience? This might be a new perspective, a deeper appreciation of life, or a personal goal for the future.



9. Moving Forward

What is one small step you can take to continue finding meaning in your life?

*Your story matters.
There is meaning in your journey.* 



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*Grief changes us,
but it can also teach us,
connect us and lead us
to a more meaningful life.* 





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matter.

[illegible]

Every thought.
Every feeling.
Still you.





Grief Self Care

Caring for Myself While I Grieve

Grief can be emotionally, physically and mentally exhausting. Self care isn't about "getting over it" – it's about giving yourself the kindness, support and space you need as you navigate your loss. This worksheet can help you explore ways to look after yourself while you grieve.

*It's okay to rest.
It's okay to feel.
It's okay to take
care of yourself.
You can grieve
and still look after
yourself.
Both can be true.* 

1 What Do I Need Right Now?



Grief can change what we need from day to day. Take a moment to check in with yourself. What do you need most right now? (Tick any that apply or add your own.)

- ☐ Rest and sleep
- ☐ Time alone
- ☐ Time with loved ones
- ☐ A good cry
- ☐ Gentle movement or fresh air
- ☐ Healthy food and water
- ☐ Distraction (e.g. a favourite show or hobby)
- ☐ Someone to talk to
- ☐ A break from responsibilities
- ☐ Spiritual connection or reflection
- ☐ Professional support (e.g. counsellor)
- ☐ Other: _____

2 Self Care Ideas

Here are some gentle self care ideas. Which ones feel helpful for you? Tick the ones you'd like to try.

- ☐ Go for a walk in nature
- ☐ Listen to music that soothes you
- ☐ Take a warm bath or shower
- ☐ Read a book
- ☐ Do a breathing or mindfulness exercise
- ☐ Write in a journal
- ☐ Spend time with a supportive friend or family member
- ☐ Engage in a creative activity (e.g. drawing, crafting)
- ☐ Prepare a nourishing meal
- ☐ Set a small, achievable goal
- ☐ Limit time on social media
- ☐ Say no to things that feel overwhelming
- ☐ Be gentle with your self-talk
- ☐ Other: _____



Small acts of self care make a big difference.



3 My Self Care Plan

Choose 3–5 self care activities you will try this week. Be realistic and keep it simple.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

*You don't have to do it all.
You just have to do what you can,
and that is enough.* 

4 Looking After My Body

Grief can be very physical. How can you support your body at this time? (Tick any that apply.)

- ☐ Drink enough water
- ☐ Eat nourishing meals
- ☐ Get gentle exercise (e.g. walking, stretching)
- ☐ Aim for regular sleep
- ☐ Take rest breaks
- ☐ Notice and release physical tension
- ☐ See a GP if needed
- ☐ Be kind to my body – it is doing its best
- ☐ Other: _____



A rested body helps a weary mind.

5 Caring for My Emotions

Grief can bring up many emotions. How can you be kind and supportive towards yourself when difficult feelings arise?

- ☐ Give myself permission to feel my emotions
- ☐ Remind myself that all feelings are valid
- ☐ Take slow, deep breaths
- ☐ Use grounding techniques (e.g. 5 senses)
- ☐ Talk to someone I trust
- ☐ Write down my thoughts and feelings
- ☐ Allow myself to have good days and hard days
- ☐ Be patient with myself
- ☐ Seek professional support if needed
- ☐ Other: _____



*It's okay to feel whatever you feel.
Your feelings are valid.*

6 Caring for My Mind

Grief can make it hard to focus, feel motivated or stay positive. What might help you look after your mental wellbeing?

- ☐ Take breaks from overwhelming news or social media
- ☐ Practice mindfulness or meditation
- ☐ Focus on one thing at a time
- ☐ Be kind to myself when I feel confused or forgetful
- ☐ Challenge unhelpful thoughts
- ☐ Use positive affirmations
- ☐ Keep a simple routine
- ☐ Engage in activities that bring small moments of joy
- ☐ Remind myself that healing takes time
- ☐ Other: _____



A calmer mind helps you cope with the ups and downs.

7 My Support Network

Who can support you during this time? Write the names of people, services or communities you can reach out to.



*You don't have to do this alone.
Support is a sign of strength, not weakness.*

8 A Gentle Reminder

Write a kind and encouraging message to yourself. What would you say to a dear friend who is grieving?

Be as kind to yourself as you would be to someone you love. 

9 My Self Care Check-In

At the end of the week, reflect on how you went. What worked well? What could you try differently next week?

Progress isn't always visible, but you are still moving forward.



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*Caring for yourself isn't selfish,
it's necessary.* 



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.



I can miss them deeply and still choose to live. Both can be true.

Giving Myself Permission to Live in a World Without Them

Moving forward doesn't mean letting go of love. It means learning to carry that love in a different way, while still giving yourself permission to live, find joy, and create a meaningful life.



A new chapter can still be beautiful.



1. A Different World

Life looks and feels different now. What are some of the biggest changes you are adjusting to?



2. What Feels Hardest?

What parts of life are the most difficult without them? (e.g. routines, special days, making decisions, feeling lonely)



3. What I'm Learning

What have you learned about yourself since their death? How are you adapting to your new reality?



4. It's Okay To...

Give yourself permission to feel, adjust and take the time you need. Which of these do you find hard to give yourself permission for? (Tick any that apply)

- ☐ Feel happy again
- ☐ Laugh and enjoy life
- ☐ Make new plans
- ☐ Take time for myself
- ☐ Say no to things I don't feel ready for
- ☐ Let go of guilt
- ☐ Create new traditions
- ☐ Be kind to myself
- ☐ Live in the present
- ☐ Other: _____



5. Releasing Guilt

Many people feel guilty about moving forward. What are some of the guilty thoughts you notice, and how could you respond to them with kindness and self-compassion?

Guilty Thought	A Kinder Response
"If I'm happy, it means I'm forgetting them."	"I can be happy and still love and remember them."



6. Finding a New Normal

What might a meaningful and fulfilling life look like for you now? What are some small steps you can take towards this?

1. _____
2. _____
3. _____
4. _____



7. What Still Stays

Even though they are no longer here, there are parts of them that remain in your life. What stays with you? (e.g. memories, values, lessons, love)



8. My Permission Statement

Write a personal statement giving yourself permission to live, while still honouring their memory.

I give myself permission to...



9. A Gentle Reminder

Which of these words do you want to carry with you? You can add your own.

- ☐ Hope
- ☐ Courage
- ☐ Peace
- ☐ Joy
- ☐ Acceptance
- ☐ Strength
- ☐ Love
- ☐ Purpose
- ☐ I am doing my best
- ☐ Other: _____



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A different life doesn't mean a lesser life. It means a life that carries their love forward.





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

This image shows a blank sheet of white paper with light blue horizontal lines. In the top-left corner, there is a small pink heart icon next to some green leaves. Similarly, in the bottom-right corner, there is another small pink heart icon next to some green leaves. The rest of the page is empty and ready for writing.

Every thought.
Every feeling.
Still you.





My Grief Journey

A Check-In With Me

Grief is not a straight line. It changes, it ebbs and flows, and it can feel different each day. This worksheet is here to help you pause, check in with how you are going, and notice what you need right now.

It's okay to take time. You're doing your best. 

Some days are harder, but every day you are still moving forward. 



1. How Am I Feeling Today?

Tick the feelings that fit for you right now. It's okay to feel more than one.

- | | |
|--------------------------------------|---------------------------------------|
| ☐ Sad | ☐ Calm |
| ☐ Empty | ☐ Hopeful |
| ☐ Angry | ☐ Grateful |
| ☐ Anxious | ☐ Peaceful |
| ☐ Numb | ☐ Connected |
| ☐ Lonely | ☐ Confused |
| ☐ Guilty | ☐ Relieved |
| ☐ Overwhelmed | ☐ Accepting |
| ☐ Tired | ☐ Other: _____ |



2. Where Am I on My Grief Journey?

Grief looks different for everyone. Which statement feels most like where you are right now?

- ☐ It still feels very raw and overwhelming.
☐ I feel waves of sadness that come and go.
☐ I'm starting to adjust, but it's still hard.
☐ I'm finding small moments of peace.
☐ I feel more acceptance, but still have tough days.
☐ I'm learning to live with my loss in a new way.
☐ I'm not sure where I am right now.
☐ Other: _____



3. My Emotional Wellbeing

On a scale of 0-10, how would you rate the following today? (0 = not at all, 10 = the best it could be)

Mood	0	1	2	3	4	5	6	7	8	9	10
Energy	0	1	2	3	4	5	6	7	8	9	10
Hopefulness	0	1	2	3	4	5	6	7	8	9	10
Coping ability	0	1	2	3	4	5	6	7	8	9	10
Sense of peace	0	1	2	3	4	5	6	7	8	9	10
Feeling connected	0	1	2	3	4	5	6	7	8	9	10



4. What's Helping Me Right Now?

Tick what is supporting you at the moment.

- ☐ Talking to someone I trust
☐ Spending time in nature
☐ Keeping a routine
☐ Journaling or writing
☐ Honouring their memory
☐ Being with family or friends
☐ Pets or animals
☐ Creative activities (e.g. art, music)
☐ Professional support (counsellor, GP, support group)
☐ Other: _____



5. What's Feeling Hard Right Now?

Tick what is feeling challenging for you.

- ☐ Intense sadness or crying
☐ Missing them a lot
☐ Feeling angry or frustrated
☐ Difficulty sleeping
☐ Lack of motivation
☐ Feeling lonely or isolated
☐ Dealing with changes or reminders
☐ Worrying about the future
☐ Feeling guilty
☐ Other: _____



6. What Do I Need Right Now?

What would be most supportive for you today? Tick what you need (or add your own).

- ☐ Rest and downtime
☐ A distraction
☐ To talk to someone
☐ Practical support (e.g. help with tasks)
☐ Time in nature
☐ Self-care (e.g. bath, walk, good meal)
☐ To feel less alone
☐ To be reminded that it's okay to feel this way
☐ Professional support
☐ Other: _____



7. Reflections

Take a few moments to pause and reflect.

What is one thing I've done well recently?

What have I learned about myself through this experience?

What is one small step I can take this week to care for myself?



8. A Message to Myself

Write a kind and compassionate message to yourself today.

*You are allowed to grieve,
and you are allowed to heal.
Both can be true.* 



9. Moving Forward

What is one thing I would like to focus on in the coming week?

How can I support myself to do this?

I will know I'm making progress when...

*Grief changes you,
but it can also show you
what truly matters.* 



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*Gentle progress
is still progress.* 





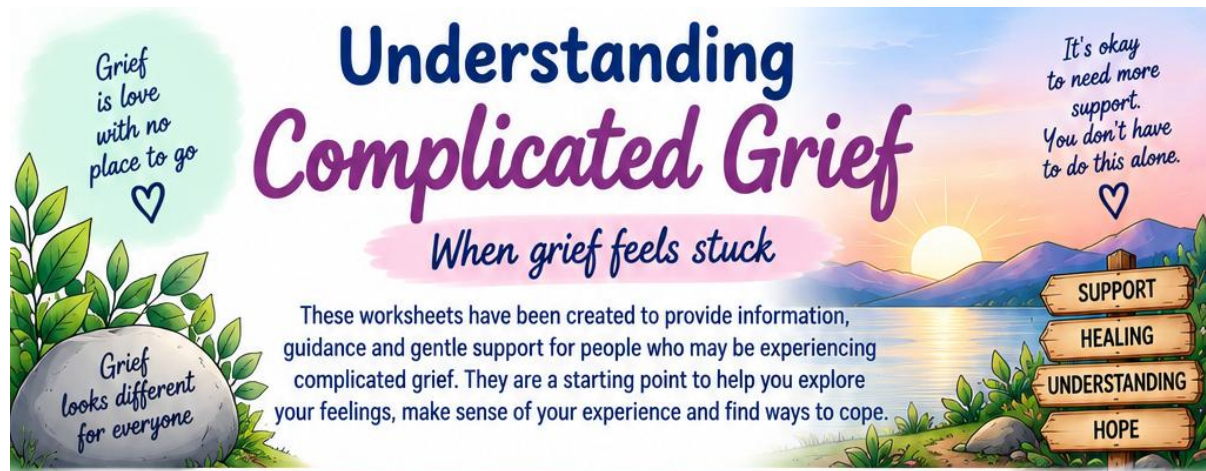
Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





What is Complicated Grief?

Complicated grief, also known as prolonged grief disorder, is when intense feelings of grief continue for a long time and significantly interfere with daily life. Unlike the natural grieving process, it doesn't gradually ease, and the pain can feel just as strong months or even years after the loss.

It's not a sign of weakness – it's a sign of how much you cared.



Common Signs of Complicated Grief

Everyone's experience is unique, but some common signs include:

-  Intense and persistent sadness
-  Difficulty accepting the loss
-  Constantly thinking about the person who died
-  Feeling emotionally numb or disconnected
-  Trouble with daily life, work, or relationships
-  Feeling that life is meaningless or hopeless
-  Avoiding reminders of the loss
-  Ongoing anger, guilt or self-blame
-  Yearning or longing that doesn't lessen over time
-  Difficulty experiencing positive emotions

If these feelings continue for an extended period and are impacting your life, it may be complicated grief.

Who Might Experience Complicated Grief?

Complicated grief can affect anyone, but it is more common in people who:

-  Have had a close or very significant relationship with the person
-  Experienced a sudden, unexpected or traumatic loss
-  Lost a child, partner, parent or sibling
-  Experienced multiple losses
-  Had a difficult or complex relationship with the person who died
-  Feel they didn't have a chance to say goodbye
-  Experienced a death that involved violence, suicide or an accident
-  Have a history of mental health challenges (e.g. anxiety, depression, PTSD)
-  Have limited social support
-  Are also dealing with other life stressors (e.g. illness, financial pressure, caregiving responsibilities)

Complicated grief does not discriminate – it can affect people of all ages, cultures and backgrounds.

Please Seek Further Help

While these worksheets can provide helpful information and support, they are not a substitute for professional help. If your grief feels overwhelming, is not improving, or is interfering with your ability to live your daily life, please reach out to a qualified counsellor, psychologist, GP or mental health professional.



You are not alone.

Support is available, and it can make a real difference. Seeking help is a sign of strength, not weakness.

A Message of Hope

Healing from a significant loss can take time, and for some people the journey is more complex. With the right support, understanding and care, it is possible to find ways to live meaningfully again, even while carrying your loss.

*Your feelings are valid.
Your grief matters.
There is hope.*



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*Different Journeys.
The Same Human Need – To Be Understood.*





Complicated Grief

Self-Assessment Questionnaire

How are you really feeling?

This questionnaire can help you reflect on your experience of grief and identify whether your feelings may be more than what is usually expected after a loss. Be honest with yourself. There are no right or wrong answers.



You don't have to do this alone

For each statement, please choose the option that best reflects how you have been feeling over the past month.
There are no right or wrong answers – this is just a tool to help you understand your grief experience.

	Not at all (0)	Sometimes (1)	Often (2)	Nearly always (3)
1. Thoughts and Preoccupation				
1. I think about the person who died most days.	☐	☐	☐	☐
2. I find it hard to accept that the person has died.	☐	☐	☐	☐
3. I have intense longing or a strong desire to be with the person who died.	☐	☐	☐	☐
4. I experience intrusive thoughts or images about the death.	☐	☐	☐	☐
5. I feel a sense of disbelief or numbness.	☐	☐	☐	☐
2. Emotional Distress				
6. I feel overwhelming sadness that doesn't seem to ease.	☐	☐	☐	☐
7. I experience feelings of anger, guilt or regret related to the loss.	☐	☐	☐	☐
8. I feel emotionally stuck or unable to move forward.	☐	☐	☐	☐
9. I feel empty, lonely or emotionally numb.	☐	☐	☐	☐
10. I feel that life is meaningless or has lost its purpose since the loss.	☐	☐	☐	☐
3. Daily Life and Functioning				
11. My grief interferes with my ability to do everyday tasks (e.g. work, study, caring for family).	☐	☐	☐	☐
12. I have lost interest in activities I used to enjoy.	☐	☐	☐	☐
13. I find it hard to concentrate or make decisions.	☐	☐	☐	☐
14. I have difficulty maintaining relationships with family or friends.	☐	☐	☐	☐
15. I feel like I am just going through the motions of life.	☐	☐	☐	☐
4. Identity and Sense of Self				
16. I feel like a part of me has died too.	☐	☐	☐	☐
17. I struggle with my sense of identity or who I am without the person.	☐	☐	☐	☐
18. I feel that I no longer belong or fit in.	☐	☐	☐	☐
19. I blame myself for what happened or feel I could have done more.	☐	☐	☐	☐
20. I find it hard to imagine a positive future.	☐	☐	☐	☐
5. Physical and Behavioural Responses				
21. I experience physical symptoms (e.g. tiredness, headaches, stomach problems) related to my grief.	☐	☐	☐	☐
22. I have trouble sleeping (e.g. difficulty falling or staying asleep).	☐	☐	☐	☐
23. I feel restless, agitated or on edge.	☐	☐	☐	☐
24. I use alcohol, medication or other substances to cope with my feelings.	☐	☐	☐	☐
25. I find myself withdrawing from others.	☐	☐	☐	☐
6. Moving Forward				
26. I feel that my grief hasn't improved over time.	☐	☐	☐	☐
27. I feel stuck in my grief, even though it has been many months or years since the loss.	☐	☐	☐	☐
28. I worry that my grief will never get better.	☐	☐	☐	☐
Total Score Add up your scores from all 28 questions: 				

What Might My Score Mean?

0 – 27 Generally within the expected range of grief Your responses suggest your grief may be within the range of what is commonly experienced after a loss. Continue to look after yourself and use your support network.	28 – 55 Possible risk of complicated grief Your responses suggest you may be experiencing significant grief symptoms that could benefit from additional support. It may be helpful to talk with a counsellor, GP or mental health professional.	56 – 84 High risk of complicated grief Your responses suggest you may be experiencing symptoms of complicated grief. It is strongly recommended that you seek professional help from a GP, counsellor or mental health professional.
--	--	---

- Please Remember:**
- ♥ This questionnaire is not a diagnostic tool.
 - ♥ It is a guide to help you reflect on your feelings.
 - ♥ If your grief feels overwhelming, isn't improving, or is affecting your daily life, please seek professional support.
 - ♥ Help is available, and you don't have to go through this alone.
 - ♥ Reaching out is a sign of strength, not weakness.

You matter.
Support can help you find a way forward.



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Healing takes time,
and it's okay to ask for help.



*You are not alone.
There is help.
There is hope.*

Complicated Grief

My Crisis Support Plan

A plan to help me feel safer, more supported and more in control during difficult times.

It's okay to ask for help

Even in the darkest days, there is still light.

SAFER TODAY

BRIGHTER TOMORROWS

YOU MATTER



1. How I Know I'm Not Coping

These are my early warning signs (tick or add your own).

Thoughts

- ☐ Feeling hopeless
- ☐ Constantly thinking about my loss
- ☐ Thoughts of not wanting to be here
- ☐ Other: _____

Body

- ☐ Tired all the time
- ☐ Changes in appetite
- ☐ Tension, headaches or feeling unwell
- ☐ Other: _____

Feelings

- ☐ Overwhelming sadness
- ☐ Anger, guilt or numbness
- ☐ Anxiety or panic
- ☐ Other: _____

Behaviour

- ☐ Withdrawing from others
- ☐ Not doing usual activities
- ☐ Changes in sleep
- ☐ Using alcohol or drugs
- ☐ Other: _____



2. What Makes Things Harder

These can trigger more intense grief and make it harder for me to cope.

- ☐ Anniversaries and special dates
- ☐ Being in places that remind me of my loss
- ☐ Seeing or hearing reminders
- ☐ Feeling isolated or alone
- ☐ Conflict with family or others
- ☐ Lack of sleep
- ☐ Alcohol or drug use
- ☐ Other life stressors (e.g. work, finances, health issues)
- ☐ Other: _____



3. What Helps Me Stay Safe Right Now

These are things I can do to feel calmer, safer and more supported (tick or add your own).

- ☐ Use grounding techniques (e.g. 5 senses)
- ☐ Take slow, deep breaths
- ☐ Move to a safe or shared space
- ☐ Talk to someone I trust
- ☐ Listen to calming music
- ☐ Go for a walk or be in nature
- ☐ Delay making big decisions
- ☐ Keep a routine (e.g. meals, sleep, self care)
- ☐ Reduce access to anything I could use to hurt myself
- ☐ Other: _____



4. People I Can Contact

These are people who can support me when I'm struggling.

Name	Relationship	Phone Number



5. Professional Support

These are professional supports I can reach out to.

Service / Professional	Name	Phone Number
GP		
Counsellor / Psychologist		
Mental Health Service		
Other (e.g. EAP)		
Preferred Hospital (if needed)		



6. My Crisis Steps

When I'm feeling overwhelmed, I can follow these steps:

- 1 Notice** Notice how I'm feeling and what I need.
- 2 Pause** Take a moment. Breathe. Slow down.
- 3 Connect** Reach out to someone I trust.
- 4 Get Help** Contact a professional or crisis service if needed.
- 5 Stay Safe** Use my safety strategies and keep going. This feeling will pass.



7. If I Feel I May Hurt Myself or Cannot Stay Safe

Please reach out for immediate support.

- Call Triple Zero (000)** In an emergency
- Lifeline** 13 11 14 (24/7)
Crisis support and suicide prevention
- Lifeline Text** 0477 13 11 14 (24/7)
Text support
- Suicide Call Back Service** 1300 659 467 (24/7)
For people in distress
- Beyond Blue** 1300 22 4636 (24/7)
Mental health support



8. Reasons to Keep Going What Matters to Me

Even on the hardest days, there are still reasons to stay. These are some of the things that matter to me:

- _____
- _____
- _____
- _____
- _____
- _____
- _____



9. My First Small Step

What is one small, kind step I can take right now to look after myself?

- _____
- _____
- _____

*Small steps still move you forward.
You don't have to do it all today.*



This plan is a guide, not a substitute for professional or emergency care.
If you are in immediate danger or cannot keep yourself safe, call 000 or go to the nearest emergency department.

Review this plan with a trusted person or professional when you can.



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Grief and Self-Medicating

Are you trying to numb the pain?

This worksheet can help you notice behaviours you might be using to cope with grief that could be forms of self-medication. Awareness is the first step towards finding healthier ways to heal.

It's okay to be struggling. You're not alone.



What is self-medicating?

Self-medicating is when we use substances or behaviours to dull painful emotions, reduce stress, or escape difficult feelings. After a loss, it can be a way to cope with overwhelming grief, but it often provides only temporary relief and can lead to further problems.



Please remember:

- ♥ There is no shame in your grief or in struggling.
- ♥ This worksheet is not a diagnosis.
- ♥ If you recognise concerning patterns, please seek support from a GP, counsellor or mental health professional.
- ♥ Help is available, and you don't have to do this alone.



1. Do you recognise any of these behaviours in yourself?

Tick any that you have been using more often since your loss.



Alcohol Use

- ☐ I drink alcohol more often than before.
- ☐ I drink more than I intend to.
- ☐ I use alcohol to help me relax, sleep or feel less emotional.
- ☐ I have noticed my alcohol use is affecting my health, relationships or responsibilities.



Drug Use

- ☐ I use prescription medication in ways other than prescribed (e.g. painkillers, sleep medication).
- ☐ I use illegal drugs to numb feelings.
- ☐ I use substances to escape or feel different.
- ☐ I have found it hard to cut back or stop.



Food and Eating

- ☐ I eat more when I feel sad, lonely or overwhelmed.
- ☐ I crave sugary or high-fat foods for comfort.
- ☐ I use food to distract myself from painful feelings.
- ☐ I notice changes in my weight or eating habits since my loss.



Screen Time and Distraction

- ☐ I spend excessive time on social media, TV, gaming or online shopping.
- ☐ I use screens to avoid thinking about my loss.
- ☐ I lose track of time when online.
- ☐ I feel restless or anxious when I'm not distracted by a screen.



Risky or Avoidant Behaviour

- ☐ I take more risks than usual (e.g. driving, spending, impulsive decisions).
- ☐ I avoid responsibilities or important tasks.
- ☐ I withdraw from family and friends.
- ☐ I keep busy all the time to avoid feeling my grief.



Other Behaviours

- ☐ I sleep much more or much less than usual.
- ☐ I overwork or throw myself into activities to avoid my feelings.
- ☐ I engage in compulsive behaviours (e.g. gambling, shopping, exercise).
- ☐ I isolate myself from others.
- ☐ Other: _____



2. Reflection

Take a moment to reflect on the following questions.

Which of the above behaviours do I recognise in myself?

When am I most likely to use these behaviours?

How do they make me feel in the short term?

What are the longer-term impacts on my health, relationships and wellbeing?



3. Readiness for Change

How do you feel about making a change?

- ☐ I am aware that my current coping strategies may not be helpful.
- ☐ I am open to seeking support.
- ☐ I would like to explore healthier ways to cope with my grief.
- ☐ I feel unsure and would like to talk to someone about this.
- ☐ I am ready to take small steps towards change.



4. My Next Steps

What is one small step you could take?

You are not weak for struggling. You are human.

Numbing the pain doesn't make it go away, but it can make it harder to heal. There is a kinder, healthier way forward.

Healing is not about forgetting, but finding healthier ways to carry your grief.



Seek Support

If you recognise that you are self-medicating or struggling to cope, please reach out for support. You don't have to do this alone.



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Important: This worksheet is for personal reflection and education. It is not a substitute for professional medical or mental health advice. If you are concerned about your substance use or behaviour, please contact your GP, a qualified counsellor, or a mental health service.

Help is available. You are not alone.



Complicated Grief

Intense Yearning and Longing

A worksheet to help you explore the depth of your longing, understand how it affects your life, and find gentle ways to cope.

It's okay to miss them this much. Your love hasn't ended - it has simply changed. ♥



What is Intense Yearning and Longing?

Intense yearning and longing is a common part of complicated grief. It's a deep, persistent wish to be with the person who has died. The longing can feel all-consuming and may not ease over time. It can affect your thoughts, emotions, behaviour and daily life.

Remember ♥

Your longing shows the depth of your love. You are not "moving on" from love - you are learning to live with it in a new way.



1. When Do I Feel the Longing Most?

Tick the times or situations when your longing feels stronger. You can add your own.

- ☐ In the morning when I wake up
- ☐ At night or before sleep
- ☐ On special dates (birthdays, anniversaries)
- ☐ During holidays or family gatherings
- ☐ When I see or hear something that reminds me of them
- ☐ When I'm feeling stressed, lonely or overwhelmed
- ☐ In quiet moments
- ☐ When I visit places we shared
- ☐ Other: _____



2. What Does the Longing Feel Like?

How does the longing show up for you? Tick all that apply or add your own.

- ☐ A deep ache in my heart
- ☐ Constant thoughts about them
- ☐ A feeling that something is missing
- ☐ Waves of sadness that come suddenly
- ☐ A strong desire to see, hear or talk to them
- ☐ Feeling they are still here or expecting them to return
- ☐ Difficulty accepting they are gone
- ☐ A sense of emptiness that won't go away
- ☐ Other: _____



3. How Does It Affect My Life?

In what ways does the longing impact your daily life? Tick all that apply or add your own.

- ☐ Difficulty concentrating
- ☐ Trouble with sleep
- ☐ Feeling emotionally overwhelmed
- ☐ Withdrawing from others
- ☐ Loss of interest in activities I once enjoyed
- ☐ Feeling stuck or unable to move forward
- ☐ Increased anxiety or low mood
- ☐ Physical symptoms (e.g. tiredness, headaches)
- ☐ Other: _____



4. My Thoughts About the Longing

Write down some of the thoughts that come up for you when you feel the longing.



5. My Feelings

What emotions do you notice when you feel the longing? (e.g. sadness, love, loneliness, anger)



6. What Do I Wish I Could Do?

Sometimes naming our wishes can help us acknowledge the depth of our longing.

I wish I could... _____

I wish they could... _____

I wish I had more time to... _____

I wish others understood... _____



7. What Helps (Even a Little)?

What, if anything, brings you comfort or helps you manage the longing, even for a short time?

- ☐ Looking at photos or keepsakes
- ☐ Talking about them
- ☐ Visiting meaningful places
- ☐ Journaling or writing letters
- ☐ Spending time in nature
- ☐ Connecting with supportive people
- ☐ Engaging in activities that feel meaningful
- ☐ Other: _____



8. Gentle Ways to Cope

What small, kind steps could you try when the longing feels overwhelming?

- ☐ Practice deep breathing or grounding
- ☐ Say something out loud to them
- ☐ Write a letter (you don't have to send it)
- ☐ Create a memory box or album
- ☐ Light a candle or have a special ritual
- ☐ Reach out to someone you trust
- ☐ Be gentle with yourself
- ☐ Other: _____



9. A Message to Myself

Write a kind and compassionate message to yourself for the times the longing feels too heavy.

It's okay to feel this. Your love is real, and so is your pain. You are doing the best you can. ♥



When to Seek Professional Help

If the longing feels intense, persistent and is significantly affecting your ability to function, it may be a sign of complicated grief. Please reach out to a GP, counsellor, psychologist or mental health professional for support. You don't have to go through this alone.



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Healing doesn't mean forgetting. It means finding ways to live with your love, in a new and meaningful way. ♥



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

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Every thought.
Every feeling.
Still you.





Some parts of your heart may still be holding on, and that's okay. ♥

Complicated Grief ♥

Disbelief or Denial

A worksheet to help you explore feelings of disbelief or denial after a loss, recognise how it may be affecting you, and consider gentle ways to cope. This is a guide for self-reflection and is not a substitute for professional support.

Grief doesn't always make sense. It's okay if a part of you still feels like this isn't real. ♥

There is no right or wrong way to grieve. You are doing your best. ♥



1. Understanding Disbelief or Denial

Disbelief or denial is a common response to loss. It can feel like a protective shield, helping you cope with an overwhelming reality. For some people, these feelings can be more intense or long-lasting and may be part of complicated grief.



Common Thoughts

"This can't be real." "I keep expecting them to walk through the door."
"Maybe it's just a bad dream." "I don't feel like they're really gone."
"Surely there has been a mistake."



2. Do I Recognise These Feelings in Myself?

Tick any that feel true for you right now.

- ☐ I still feel like the person has not really died.
- ☐ I keep expecting them to contact me or come back.
- ☐ It feels like this is just a temporary separation.
- ☐ I have trouble accepting the reality of the loss.
- ☐ I avoid talking or thinking about the death.
- ☐ I feel numb or like I am in a daze.
- ☐ I find it hard to believe what has happened, even though time has passed.
- ☐ I struggle with reminders, as they don't feel real.
- ☐ I hold onto hope that they are still alive.
- ☐ Other: _____



3. When Do I Notice Disbelief or Denial?

Tick all that apply or add your own.

- ☐ In the morning when I wake up
- ☐ At night or before sleep
- ☐ When I see or hear their name
- ☐ On special dates (birthdays, anniversaries)
- ☐ When I visit places we shared
- ☐ During quiet moments
- ☐ When I see reminders (photos, belongings)
- ☐ When others talk about them
- ☐ When I feel overwhelmed
- ☐ Other: _____



4. How Does It Affect Me?

Tick all that apply or add your own.

- ☐ I feel emotionally numb.
- ☐ I find it hard to focus on daily tasks.
- ☐ I avoid people, places or situations.
- ☐ I delay making practical decisions (e.g. finances, leaving belongings).
- ☐ I feel unsettled or anxious.
- ☐ I experience sudden waves of shock or confusion.
- ☐ I struggle to accept support from others.
- ☐ It affects my sleep.
- ☐ It makes it harder to move forward.
- ☐ Other: _____



5. My Thoughts and Feelings

Write about what disbelief or denial feels like for you. What thoughts go through your mind?



6. What Helps Me (Even a Little)?

Write, if anything, helps you feel more grounded when disbelief or denial feels strong?

- ☐ Talking to someone I trust
- ☐ Looking at photos or keepsakes
- ☐ Writing in a journal
- ☐ Spending time in nature
- ☐ Having a routine
- ☐ Allowing myself to feel the emotions when they arise
- ☐ Practising gentle breathing or mindfulness
- ☐ Other: _____



7. What Do I Need Right Now?

What would feel supportive for you at this time? Tick or add your own.

- ☐ Time and space
- ☐ Someone to listen without judgement
- ☐ Reassurance and gentle support
- ☐ Help with practical tasks
- ☐ Information about grief and coping
- ☐ Professional support (e.g. counsellor, psychologist)
- ☐ Other: _____



8. A Kind Message to Myself

Write a compassionate message to yourself about how you are feeling right now.

*It's okay to take things one moment at a time.
You are doing your best. ♥*



Remember

- ♥ Disbelief or denial is a natural response to loss.
- ♥ It can be more intense or long-lasting in complicated grief.
- ♥ There is no "right" or "wrong" way to feel.
- ♥ It's okay if it still doesn't feel real.
- ♥ You are not alone.
- ♥ Support is available, and seeking help is a sign of strength, not weakness.
- ♥ Healing can take time, and that's okay.



When to Seek Professional Help

If feelings of disbelief or denial are intense, long-lasting, or are making it difficult for you to function in daily life, it may be a sign of complicated grief. Please reach out to a GP, counsellor, psychologist or mental health professional for support. You don't have to go through this alone.



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This worksheet is for personal reflection and education. It is not a substitute for professional medical or mental health advice. If you are struggling or feel unable to cope, please seek support from a GP, counsellor, psychologist or mental health service.

*Your feelings are valid.
Support can help you find
a way forward. ♥*



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

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You
are still here.
That shows
incredible
strength.

Complicated Grief

Intense Emotional Pain

A worksheet to help you explore the intense emotional pain that can be part of complicated grief, understand how it affects you, and find gentle ways to cope. This is a guide for self-reflection and is not a substitute for professional support.



1. Understanding Intense Emotional Pain

Intense emotional pain in complicated grief can feel overwhelming, persistent and all-consuming. It may be more intense and longer-lasting than what is typically expected after a loss, and can make it difficult to function in daily life.



Common Ways It Might Feel

"The pain feels unbearable." "It never eases."
"It feels like a hole in my heart." "I can't imagine a future without them."
"The pain comes in waves." "It hurts just as much, even after time has passed."



2. Do I Recognise These Feelings in Myself?

Tick any that feel true for you right now.

- ☐ I experience deep sadness that feels unbearable.
- ☐ I feel a physical pain in my chest, heart or body.
- ☐ I have waves of intense grief that can come suddenly.
- ☐ I feel a sense of emptiness that doesn't go away.
- ☐ I cry often or feel like I could cry most of the time.
- ☐ I struggle to find relief, even during moments of joy.
- ☐ I feel overwhelmed by feelings of anger, guilt or regret.
- ☐ I find it hard to stop thinking about the person who died.
- ☐ The pain feels just as intense, even though time has passed.
- ☐ I feel like life is meaningless without them.
- ☐ I struggle to engage in daily activities because of the pain.
- ☐ Other: _____



3. When Is the Emotional Pain Strongest?

Tick all that apply or add your own.

- ☐ In the morning when I wake up
- ☐ At night or before sleep
- ☐ On special dates (birthdays, anniversaries)
- ☐ When I see or hear their name
- ☐ When I visit places we shared
- ☐ During quiet or alone time
- ☐ When I feel stressed, tired or unwell
- ☐ When I am reminded of what I have lost
- ☐ During holidays or family gatherings
- ☐ The pain feels constant
- ☐ Other: _____



4. How Does It Affect Me?

Tick all that apply or add your own.

- ☐ I find it hard to concentrate.
- ☐ I struggle with sleep (e.g. falling or staying asleep).
- ☐ I feel exhausted, both physically and emotionally.
- ☐ I withdraw from family, friends or activities.
- ☐ I find it hard to manage work, study or daily tasks.
- ☐ I experience physical symptoms (e.g. headaches, stomach aches, tight chest).
- ☐ I feel irritable or easily overwhelmed.
- ☐ I have lost interest in things I once enjoyed.
- ☐ I feel like I can't move forward with my life.
- ☐ It affects my relationships.
- ☐ Other: _____



5. My Thoughts and Feelings

Take a moment to write about what the emotional pain feels like for you. There are no right or wrong answers.



6. What Helps (Even a Little)?

What, if anything, helps to ease the intensity of your emotional pain? Tick all that apply.

- ☐ Talking to someone I trust
- ☐ Writing in a journal
- ☐ Being in nature
- ☐ Listening to music
- ☐ Gentle exercise or movement
- ☐ Spending time with a supportive person
- ☐ Mindfulness or breathing exercises
- ☐ Creating a ritual or remembering in a special way
- ☐ Professional support (e.g. counsellor, psychologist)
- ☐ Other: _____



7. My Next Steps

What is one small step I could take this week to care for myself when the pain feels overwhelming?

Who can I reach out to for support?

How can I remind myself that it's okay to feel this pain, while also being kind to myself?



8. A Message to Myself

Write a kind and compassionate message to yourself.

*It's okay to feel this.
Your pain is real, and so is your love.
You are doing your best.* 



Gentle Reminders

- ♥ Intense emotional pain is a common part of complicated grief.
- ♥ It doesn't mean you are weak – it means you loved deeply.
- ♥ There is no "right" or "wrong" way to grieve.
- ♥ The pain may feel overwhelming, but you are not alone.
- ♥ Support is available, and seeking help is a sign of strength not weakness.
- ♥ Healing doesn't mean the pain disappears, but it can become more manageable over time.
- ♥ You can carry your love for them and still find moments of peace and meaning.



When to Seek Professional Help

If your emotional pain feels intense, persistent and is significantly affecting your ability to function in daily life, it may be a sign of complicated grief. Please reach out to a GP, counsellor, psychologist or mental health professional for support. You don't have to go through this alone.



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*You are not alone.
Help is available.* 





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Every thought.
Every feeling.
Still you.





You can face this, in your own time. Small steps still count. ♥

Complicated Grief ♥

Avoidance of Reminders

A worksheet to help you explore if you are avoiding people, places, things or situations that remind you of your loss, and how this may be affecting your life. This is a guide for self-reflection and is not a substitute for professional support.

It's okay if some things feel too hard right now. Avoidance is often a way of protecting yourself from pain. You are not alone. ♥



1. Understanding Avoidance

Avoidance is a common response to grief. It can feel easier in the short term to stay away from reminders of your loss. In complicated grief, avoidance can become more persistent and intense, and may start to limit your life, relationships and sense of connection.



3. What Do I Avoid?

Write or tick the types of reminders you tend to avoid.

- ☐ Places (e.g. home, favourite spots, holidays)
- ☐ People (e.g. friends, family, support networks)
- ☐ Things (e.g. belongings, clothing, gifts)
- ☐ Activities (e.g. hobbies, traditions, routines)
- ☐ Dates (e.g. birthday, anniversary)
- ☐ Conversations (e.g. talking about them)
- ☐ Photos, videos or social media
- ☐ Music, movies or books
- ☐ Other: _____



2. Do I Recognise These Behaviours in Myself?

Tick any that feel true for you right now.

- ☐ I avoid places that remind me of my loved one.
- ☐ I stay away from certain people (e.g. mutual friends or family).
- ☐ I avoid talking about my loved one.
- ☐ I keep myself busy to avoid thinking or feeling.
- ☐ I avoid looking at photos, videos or keepsakes.
- ☐ I avoid certain dates, anniversaries or special events.
- ☐ I avoid activities or hobbies we used to do together.
- ☐ I change the subject when reminders come up.
- ☐ I feel anxious or distressed when I can't avoid a reminder.
- ☐ Other: _____



4. How Does Avoidance Make Me Feel?

Tick all that apply or add your own.

- ☐ Temporary relief
- ☐ Less overwhelming
- ☐ Numb or disconnected
- ☐ Guilty
- ☐ Lonely
- ☐ Sad
- ☐ Anxious (e.g. worried about breaking down)
- ☐ Stuck or unable to move forward
- ☐ It affects my relationships
- ☐ Other: _____



5. What Impact Does It Have on My Life?

Tick all that apply or add your own.

- ☐ I miss out on meaningful experiences.
- ☐ I feel more isolated from others.
- ☐ I struggle to maintain relationships.
- ☐ I feel like my world has become smaller.
- ☐ I find it harder to heal.
- ☐ I feel stuck in my grief.
- ☐ I avoid things I used to enjoy.
- ☐ It affects my work, study or daily tasks.
- ☐ Other: _____



6. My Thoughts About Avoidance

Write about what you notice when you avoid reminders. What are you trying to protect yourself from? How do you feel afterwards?

It's okay to take small steps. Facing reminders can be difficult, but it can also open the door to healing when you are ready. ♥



7. Gentle Ways to Cope

What small, supportive steps could you try?

- ☐ Acknowledge that avoidance is a natural response to pain.
- ☐ Set gentle, manageable goals to face reminders when you feel ready.
- ☐ Have a trusted person with you.
- ☐ Practise grounding or breathing exercises.
- ☐ Create a safe space with comforting reminders (e.g. a photo or special item).
- ☐ Talk to someone who understands.
- ☐ Be kind and patient with yourself.
- ☐ Other: _____



8. My Next Steps

What is one small step I could take this week to gently face a reminder?

Who can support me?

How will I remind myself to be kind and patient with my feelings?

Healing doesn't mean forgetting. It means finding a way to live with your memories, in a way that feels right for you. ♥



When to Seek Professional Help

If avoidance of reminders is persistent, intense or significantly affecting your ability to function in daily life, it may be a sign of complicated grief. Please reach out to a GP, counsellor, psychologist or mental health professional for support. You don't have to go through this alone.



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You are not alone. Support is available. There is hope. ♥





Your Thoughts, Feelings and Reflections

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your feelings,
your healing
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Every thought.
Every feeling.
Still you.





Complicated Grief

Emotional Numbness

A worksheet to help you explore feelings of emotional numbness after a loss, understand how it may be affecting you, and find gentle ways to cope. This is a guide for self-reflection and is not a substitute for professional support.

Numbness can be your mind's way of protecting you when the pain feels too much. You are not broken. You are human.

Feelings may be quiet right now, but they still matter.



1. Understanding Emotional Numbness

Emotional numbness is a common experience in complicated grief. It can feel like being disconnected from your emotions, people, or the world around you. It may be your mind's way of trying to protect you from overwhelming pain. While it can offer short-term relief, if it persists it may be a sign of complicated grief.



2. Do I Recognise These Feelings in Myself?

Tick any that feel true for you right now.

- ☐ I feel emotionally numb or "empty".
- ☐ I struggle to feel joy, even in things I used to enjoy.
- ☐ I feel disconnected from people, even those I care about.
- ☐ I go through the motions without really feeling anything.
- ☐ I find it hard to cry, even when I think I should.
- ☐ I feel like I'm watching my life rather than living it.
- ☐ I struggle to feel love, happiness or excitement.
- ☐ I feel detached from my surroundings.
- ☐ I find it difficult to express my emotions.
- ☐ Other: _____



3. When Do I Notice Emotional Numbness?

Tick all that apply or add your own.

- ☐ In the morning when I wake up
- ☐ At night or before sleep
- ☐ On special dates (birthdays, anniversaries)
- ☐ When I am reminded of my loved one
- ☐ During social situations
- ☐ When I'm stressed, tired or unwell
- ☐ When I'm alone
- ☐ It feels constant
- ☐ Other: _____



4. How Does It Affect My Life?

Tick all that apply or add your own.

- ☐ I find it hard to connect with others
- ☐ I have less interest in activities or hobbies
- ☐ I struggle with motivation
- ☐ I feel like I'm just "getting through" each day
- ☐ I have difficulty concentrating
- ☐ It affects my work, study or daily tasks
- ☐ I feel like I've lost part of myself
- ☐ I worry that my feelings will never return
- ☐ Other: _____



5. My Thoughts About Emotional Numbness

Write down some of the thoughts that go through your mind.

It's okay if you don't feel much right now. Your feelings may return in time.



6. What Helps (Even a Little)?

Tick what helps you feel more connected, even if it's small.

- ☐ Spending time in nature
- ☐ Gentle exercise or movement
- ☐ Listening to music
- ☐ Being with trusted people
- ☐ Journaling or creative activities
- ☐ Practising mindfulness or grounding
- ☐ Allowing myself to rest
- ☐ Talking to someone who understands
- ☐ Other: _____



7. My Next Steps

What is one small step I could take this week to look after myself?

Who can support me?

How will I remind myself that it's okay to feel numb right now?

Healing isn't always feeling more – sometimes it starts with being gentle with what we feel (or don't feel).



8. A Message to Myself

Write a kind and compassionate message to yourself in this moment.

You are still here. You are still healing. You are doing your best. And that is enough.



When to Seek Professional Help

If feelings of emotional numbness are persistent, intense or significantly affecting your ability to function in daily life, it may be a sign of complicated grief. Please reach out to a GP, counsellor, psychologist or mental health professional for support. You don't have to go through this alone.



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Your Thoughts, Feelings and Reflections

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your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





Even when
the path feels
unclear, there
can still be
meaning ahead.

Complicated Grief

Sense of Meaninglessness

A worksheet to help you explore feelings of meaninglessness after a loss, understand how it may be affecting you, and find gentle ways to reconnect with what matters. This is a guide for self-reflection and is not a substitute for professional support.

It's okay if life
feels meaningless right
now. Grief can change
how we see the world,
but meaning can
slowly return.
You are not alone.

Small steps
can lead to
a new sense
of purpose.



1. Understanding a Sense of Meaninglessness

After a significant loss, it's common to feel that life has lost its purpose or that nothing feels important anymore. In complicated grief, these feelings can be persistent and intense, making it difficult to find joy, motivation or a sense of direction.

"Grief can make the world feel colourless, but it doesn't mean meaning is gone forever." 



2. Do I Recognise These Feelings in Myself?

Tick any that feel true for you right now.

- ☐ I feel like life has no purpose.
- ☐ I struggle to see the point in my usual activities.
- ☐ I find it hard to set goals or make plans for the future.
- ☐ I feel disconnected from things that once gave me joy.
- ☐ I often think, "What's the point?"
- ☐ I feel empty even when I'm with others.
- ☐ I have lost interest in hobbies, work or relationships.
- ☐ I struggle to find hope for the future.
- ☐ I feel stuck and unable to move forward.
- ☐ Other: _____



3. What Feels Meaningless Right Now?

Write about the areas of your life that currently feel meaningless or empty. Be honest with yourself.

My day to day life: _____
 My relationships: _____
 My work, study or daily tasks: _____
 My hobbies or interests: _____
 My future: _____
 Other: _____



4. What Has Changed?

Think about how your sense of meaning has changed since your loss. What feels different now?

*It's okay to acknowledge
what has changed.* 



5. My Thoughts About Meaning and Purpose

Write down any thoughts that come up for you. There are no right or wrong answers.

*"It's not that life has no meaning,
it's that my meaning is still healing."* 



6. Small Ways to Reconnect with Meaning

Tick the ideas that feel possible for you, even if they are just tiny steps.

- ☐ Spend time in nature
- ☐ Do something kind for someone else
- ☐ Keep a memory alive (e.g. light a candle, look at photos)
- ☐ Try a new or gentle activity
- ☐ Help a cause or volunteer
- ☐ Write about what still matters to me
- ☐ Practice gratitude (even for small things)
- ☐ Set one small, achievable goal
- ☐ Be open to new experiences
- ☐ Talk to someone I trust
- ☐ Other: _____

*Meaning
often begins
in small
moments.* 



7. What Gives My Life Meaning?

Think about what has given your life meaning in the past, and what still matters to you now. This might include people, values, experiences, beliefs or dreams.

**In the past
this gave me meaning:**

**What still matters
to me now:**

*Your story isn't over.
New meaning can exist alongside your grief.* 



8. My Next Steps

What is one small step you could take this week to bring a little more meaning into your life?

Who could support you?

When will I do this?

*You don't have to
find meaning all at once.
Just one small step
can make a difference.* 



When to Seek Professional Help

If feelings of meaninglessness are persistent, intense or significantly affecting your ability to function in daily life, it may be a sign of complicated grief. Please reach out to a GP, counsellor, psychologist or mental health professional for support. You don't have to go through this alone.

*There is hope,
even when it's
hard to see it.*



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*Healing can
open the door
to a new chapter,
with a different
but meaningful
purpose.* 



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





You are still you, even in the quiet moments. ♥

Complicated Grief ♥

Social Withdrawal

A worksheet to help you explore if social withdrawal is affecting you after a loss, understand how it may be impacting your wellbeing, and find gentle ways to reconnect. This is a guide for self-reflection and is not a substitute for professional support.

It's okay if you need space. Grief can make you want to be alone, but you don't have to stay there. Connection can be a gentle step towards healing. ♥



1. Understanding Social Withdrawal

Social withdrawal is a common response to grief. It can feel safer or easier to avoid people, social situations or activities. In complicated grief, withdrawal can become more persistent and may lead to increased feelings of loneliness, sadness, and disconnection, making it harder to heal.



2. Do I Recognise These Behaviours in Myself?

Tick any that feel true for you right now.

- ☐ I avoid social gatherings or events.
- ☐ I cancel plans or make excuses not to see people.
- ☐ I prefer to be alone most of the time.
- ☐ I feel uncomfortable or anxious in social situations.
- ☐ I have lost interest in hobbies or activities I used to enjoy with others.
- ☐ I find it hard to respond to messages or calls.
- ☐ I feel like people don't understand what I'm going through.
- ☐ I feel disconnected from friends, family or my community.
- ☐ I worry about being a burden to others.
- ☐ Other: _____



3. What Might Be Behind My Withdrawal?

Tick all that apply or add your own.

- ☐ I feel too overwhelmed or exhausted.
- ☐ I don't have the energy to be around others.
- ☐ I'm afraid of feeling worse in social situations.
- ☐ I feel like no one understands my grief.
- ☐ I feel different from the person I used to be.
- ☐ I'm worried about being a burden to others.
- ☐ I'm avoiding reminders of my loss.
- ☐ I feel numb or disconnected.
- ☐ I don't know what to say or how to be around people.
- ☐ Other: _____



4. How Does It Affect Me?

Tick all that apply or add your own.

- ☐ I feel lonely, even when I'm around others.
- ☐ I miss important relationships.
- ☐ I feel like I'm missing out on life.
- ☐ It affects my mood and motivation.
- ☐ I have less support available to me.
- ☐ I find it harder to cope with daily tasks.
- ☐ I feel more anxious or depressed.
- ☐ It makes me feel stuck in my grief.
- ☐ Other: _____



5. My Thoughts and Feelings

Take a moment to write about how social withdrawal feels for you. What thoughts or fears come up? What do you miss?

It's okay to feel this way. Your feelings are valid. ♥



6. Gentle Steps to Reconnect

Tick any that feel manageable for you right now.

- ☐ Start with small, low-pressure interactions (e.g. a coffee with one trusted person).
- ☐ Send a short message to someone you feel safe with.
- ☐ Spend time in a shared space (e.g. a library, park, group).
- ☐ Join a support group for people who have experienced loss.
- ☐ Let someone know you're finding it hard and may need support.
- ☐ Try a gentle activity you used to enjoy with others.
- ☐ Be kind and patient with yourself.
- ☐ Celebrate small steps, even if they feel difficult.
- ☐ Other: _____

Connection doesn't have to be big to make a difference. Small steps still count. ♥



7. My Plan

What is one small step you could take this week to feel a little more connected?

Who could support you?

What might help you feel safe and comfortable in social situations?

Progress, not perfection. Every little step matters. ♥



8. A Message to Myself

Write a kind and supportive message to yourself about social withdrawal and your grief.

It's okay to need time. Healing can include both rest and reconnection. You are doing your best, and that is enough. ♥



When to Seek Professional Help

If social withdrawal is persistent, intense, or significantly affecting your ability to function in daily life, it may be a sign of complicated grief. Please reach out to a GP, counsellor, psychologist or mental health professional for support. You don't have to go through this alone.

There is support. There is hope. You are not alone. ♥



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Healing can happen, and connection can return. ♥



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





The future
may feel unclear
right now,
but there is still
hope. ♥

Complicated Grief ♥

Difficulty Planning the Future

A worksheet to help you explore how your grief may be affecting your ability to plan for the future, and to find gentle ways to rebuild a sense of possibility. This is a guide for self-reflection and is not a substitute for professional support.

It's okay if the future feels uncertain right now. Grief can make it hard to imagine what lies ahead. You are not stuck forever. Healing takes time, and small steps can help you find hope again. ♥



1. Understanding the Challenge

After a significant loss, it can be difficult to plan for the future. You may feel unsure, unmotivated, or as though the future has lost its meaning. In complicated grief, these feelings can be intense and long-lasting, making it hard to set goals or make decisions.



3. What Gets in the Way?

Write or tick the things that make it difficult to plan for the future.

- ☐ Overwhelming sadness and emotional pain
- ☐ Fear of change
- ☐ Feeling like life has lost its purpose
- ☐ Anxiety about what the future might look like
- ☐ Guilt about moving forward
- ☐ Thinking I won't be happy again
- ☐ Difficulty trusting that good things can happen
- ☐ Feeling stuck in the past
- ☐ Other: _____



2. Do I Recognise These Feelings in Myself?

Tick any that feel true for you right now.

- ☐ I find it hard to make plans, even small ones.
- ☐ I feel uncertain about what I want in the future.
- ☐ I struggle to set goals or feel motivated.
- ☐ I can't imagine a future without the person who died.
- ☐ I feel like there is no point in planning.
- ☐ I worry that my future will always feel empty.
- ☐ I avoid making decisions about my life.
- ☐ I feel stuck in the past.
- ☐ Other: _____



4. Exploring My Thoughts

Write down any thoughts you have about the future.

What worries me about the future?

What feels impossible right now?

What do I wish my future could look like?

It's okay to not have all the answers. Your future can be different, even if it's hard to see right now. ♥



5. What Would Help?

Tick the ideas that might support you.

- ☐ Talking to a trusted person
- ☐ Counselling or therapy
- ☐ Breaking plans into very small steps
- ☐ Focusing on what feels manageable right now
- ☐ Remembering things that once gave me joy
- ☐ Exploring new interests (even if just to try)
- ☐ Having support with practical decisions
- ☐ Being gentle and patient with myself
- ☐ Other: _____



6. Small Steps Forward

Choose one small step you could take this week. It doesn't have to be big – just something to help you feel a little more connected to your future.

A small step is still progress. ♥



7. Reconnecting with What Matters

What are some things that still matter to you? (e.g. family, friends, nature, pets, helping others, creativity, travel, learning).

Your values can help guide you, even in uncertain times. ♥



8. A Message to My Future Self

Write a kind and hopeful message to your future self. What would you like to say to yourself, even if it feels hard to believe right now?

You are still here. There is still more of your story to be written. ♥



When to Seek Professional Help

If you continue to find it very difficult to plan for the future, and your grief feels intense, persistent or is affecting your ability to function in daily life, it may be a sign of complicated grief. Please reach out to a GP, counsellor, psychologist or mental health professional for support. You don't have to navigate this alone. ♥



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There is hope, even when the future feels unclear. ♥





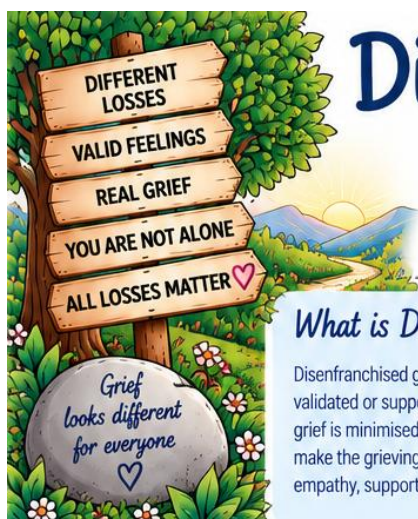
Your Thoughts, Feelings and Reflections

Your story,
your feelings,
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[illegible]

Every thought.
Every feeling.
Still you.





Disenfranchised Grief

Real Loss. Real Feelings. Real People.

Just because others may not see, understand or acknowledge your grief, doesn't mean it isn't real. Your feelings matter.

What is Disenfranchised Grief?

Disenfranchised grief refers to a loss that is not openly acknowledged, validated or supported by others. The bereaved person may find their grief is minimised, misunderstood, ignored or even judged. This can make the grieving process more difficult, as they may not receive the empathy, support or recognition they need.

It's Still Real Grief

Disenfranchised grief can be just as intense and painful as other types of grief. The difference is that it is often not recognised by society, family, friends or workplace, which can leave people feeling alone, invisible and invalidated.

Types of Losses That May Be Disenfranchised

Disenfranchised grief can occur after many different types of losses, including:



The death of a beloved pet



The end of a relationship (e.g. divorce or separation)



Loss related to estrangement from family or friends



Pregnancy loss (miscarriage, stillbirth or infertility)



Loss of mental or physical health (e.g. chronic illness or disability)



Loss due to addiction (e.g. a loved one's substance use)



Loss of a home, job or financial security



Loss of identity after major life changes (e.g. retirement, empty nest, migration)



Loss of a relationship due to adoption, fostering or care arrangements



Loss within the LGBTQIA+ community that may not be acknowledged

Who May Experience Disenfranchised Grief?

Disenfranchised grief can affect anyone, but it is more commonly experienced by:

- People who have lost a pet
- Individuals experiencing pregnancy loss
- Those going through separation or divorce
- People who have lost a friend or extended family member
- Individuals with an invisible loss (e.g. infertility, chronic illness, loss of a limb or function)
- People from marginalized communities (e.g. LGBTQIA+)
- Those who have experienced loss through addiction, suicide or overdose
- People who are estranged from family
- Carers who have lost someone they cared for
- People whose cultural, religious or personal beliefs are not widely understood or accepted

Common Feelings

People experiencing disenfranchised grief may feel:

- Sadness, emptiness or longing
- Isolation and loneliness
- Anger or frustration
- Guilt or self-doubt
- Like their loss doesn't matter
- Judged or misunderstood
- Fear of talking about their loss
- A need to hide their feelings
- Confusion about how to move forward

Your feelings are valid – no matter what others think.

Common Challenges

Because this type of grief is often not acknowledged, people may:

- Not receive the support they need
- Feel pressure to "move on" quickly
- Be told their grief isn't real or important
- Hide their feelings to avoid judgement
- Struggle to access grief support services
- Experience increased feelings of isolation
- Have a harder time healing
- Question their own feelings or feel guilty for grieving

Remember...

- ♥ Your grief is real, even if others don't recognise it.
- ♥ All losses can have a significant impact on your life.
- ♥ You are allowed to grieve in your own way and in your own time.
- ♥ You are not alone, even if it feels like it.
- ♥ Support is available, and it can help.
- ♥ There is no right or wrong way to grieve.
- ♥ Healing is possible.

All grief matters.



Seek Professional Support

If you are experiencing persistent or overwhelming grief, especially if you feel isolated, invalidated or unable to cope, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings, help you process your loss, and support you in finding ways to heal.



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Different losses. Shared humanity. Brighter tomorrows.



Disenfranchised Grief

Valid Grief Deserves to be Seen

Disenfranchised grief is real grief. It happens when a loss is not openly acknowledged, understood or supported by others. This can make it harder to grieve and can leave you feeling isolated, invisible or misunderstood. This worksheet is here to help you explore your experience, honour your feelings and find ways to support yourself.

Just because others don't see your grief, doesn't mean it isn't real. Your feelings matter. 

1 What is Disenfranchised Grief?

Disenfranchised grief occurs when your loss is not recognised, validated or socially supported. It may be minimised, misunderstood or not acknowledged at all.

Examples can include:

- The death of a pet
- Loss through separation or divorce
- A miscarriage or infertility
- Loss of a relationship (friend, family member)
- A diagnosis that changes your life
- Loss of identity (e.g. after illness, retirement)
- When someone dies by suicide, overdose or other stigmatised circumstances
- Loving someone with dementia or a long-term illness
- Any loss that others may not see as significant

 Your grief is real, even if others don't understand it.

2 My Experience

What loss are you grieving that may not be fully recognised or understood by others?

Why do you think this loss might not be acknowledged or validated?



My grief is valid, just as it is. 

3 How It Makes Me Feel

Disenfranchised grief can bring many emotions. Which of these do you relate to? (Tick any that apply)

- | | |
|--|--|
| ☐ Sadness | ☐ Helplessness |
| ☐ Anger | ☐ Self-doubt |
| ☐ Loneliness | ☐ Jealousy |
| ☐ Confusion | ☐ Numbness |
| ☐ Frustration | ☐ Resentment |
| ☐ Guilt | ☐ Disappointment |
| ☐ Anxiety | ☐ Feeling judged |
| ☐ Shame | ☐ Like I have to 'be strong' |
| ☐ Not being heard | ☐ Like my grief doesn't count |
| ☐ Feeling invisible | ☐ Other: _____ |

It's okay to feel however you feel. 

4 Messages I Might Hear

People may not always know what to say, and sometimes their words can be hurtful, even if unintentional. Which of these have you heard? Or add your own.

- ☐ "It's just a pet."
- ☐ "You can always have another."
- ☐ "It wasn't a real relationship."
- ☐ "They weren't a blood relative."
- ☐ "You're overreacting."
- ☐ "It happened a while ago, get over it."
- ☐ "At least..."
- ☐ "You should be grateful for what you have."
- ☐ "Others have it worse."
- ☐ Other: _____

 You don't have to justify your grief.

5 What I Need

What support, understanding or validation would be helpful for you right now?



Your needs are important. 

6 How I Can Support Myself

Even if others don't fully understand, there are ways you can honour your grief and take care of yourself.

- ☐ Allow myself to feel my emotions
- ☐ Give myself permission to grieve
- ☐ Write about my feelings
- ☐ Create a memorial or ritual
- ☐ Connect with others who understand (e.g. support groups, online communities)
- ☐ Set boundaries with unhelpful people
- ☐ Be kind and patient with myself
- ☐ Seek professional support if needed
- ☐ Do things that bring me comfort
- ☐ Other: _____

I can hold my grief with kindness and care. 

7 My Personal Affirmations

Choose or write your own affirmations to remind yourself that your grief is real and valid.

- ☐ My grief is real.
- ☐ I am allowed to feel this loss.
- ☐ I don't have to explain or justify my feelings.
- ☐ It's okay that others don't understand.
- ☐ I am not alone.
- ☐ I am doing the best I can.
- ☐ With time, I can find a way forward.
- ☐ Other: _____

There is no right or wrong way to grieve. 



8 A Note to Myself

Write a kind and compassionate message to yourself about your grief.



Different losses. Same love. You are not alone. 



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All grief deserves compassion. 



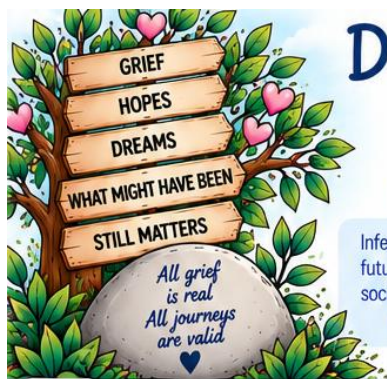
Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

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Every thought.
Every feeling.
Still you.





Disenfranchised Grief Infertility ♥

A grief that is real, even if others don't see it.

Infertility can bring deep grief — the loss of expected dreams, the loss of a future you imagined, and the loss that may not be openly acknowledged by society. This worksheet is here to help you explore your feelings, validate your experience and find gentle ways to cope. You are not alone.

It's okay to grieve a future you imagined. Your feelings are valid, your loss is real, and your story matters.

Different paths, meaningful lives.



1. My Story

Take a moment to reflect on your journey. There are no right or wrong answers.

What has infertility meant for me?

What dreams or hopes have been affected?

What has been the hardest part of this experience?

How has this loss affected different areas of my life? (e.g. relationships, identity, sense of self, future plans)



4. What Helps Me?

Think about what brings you comfort, even in small ways. Tick the ideas that help or add your own.

- ☐ Talking to a trusted partner, friend or counsellor
- ☐ Joining a support group (in person or online)
- ☐ Being in nature
- ☐ Journaling my feelings
- ☐ Creative activities (e.g. art, music, crafting)
- ☐ Practising mindfulness or meditation
- ☐ Setting boundaries around difficult conversations
- ☐ Connecting with others who have similar experiences
- ☐ Honouring my loss in a personal way (e.g. ritual)
- ☐ Focusing on what brings meaning and joy to my life
- ☐ Other: _____



2. My Feelings

Grief can show up in many ways. Tick the feelings you have experienced, or add your own.

- ☐ Sadness
- ☐ Anger
- ☐ Jealousy
- ☐ Guilt
- ☐ Shame
- ☐ Loneliness
- ☐ A sense of emptiness
- ☐ Anxiety
- ☐ Hopelessness
- ☐ Feeling like I'm missing out
- ☐ Feeling misunderstood
- ☐ Numbness
- ☐ A loss of identity
- ☐ Other: _____
- ☐ Other: _____



3. What Others Might Not See

Disenfranchised grief is often not recognised by others. Tick the statements that feel true for you.

- ☐ My grief is not always understood.
- ☐ People may minimise my loss.
- ☐ Others may say "you can just adopt" or "it will happen eventually".
- ☐ I may feel pressure to stay positive.
- ☐ I may not feel comfortable talking about it.
- ☐ Others may not recognise this as a real loss.
- ☐ I may feel judged for my choices.
- ☐ I feel I have to grieve in private.
- ☐ Other: _____
- ☐ Other: _____



5. Reframing My Story

While the loss is real, there can also be space to find meaning, growth or new possibilities in time.

What strengths have I shown through this experience?

What have I learnt about myself?

What is still possible for my future (even if it looks different)?

My story is not over. It may look different, but it can still be meaningful. ♥



6. A Letter to My Future Self

Write a kind and compassionate letter to your future self. What would you like to say? You might include words of hope, strength or reassurance.

You are stronger than you know. ♥



7. Self-Compassion Practice

Read these statements and tick the ones that feel true, or write your own.

- ☐ It's okay to feel sad.
- ☐ My grief is real, even if others don't understand it.
- ☐ I am not alone.
- ☐ I have done the best I can with the circumstances.
- ☐ It's okay to have mixed emotions.
- ☐ I am still a whole and valuable person.
- ☐ My life can still be meaningful.
- ☐ Other: _____

Be gentle with yourself. You are doing your best. ♥



8. My Next Steps

What is one small step I can take to care for myself this week?

Who can support me?

What do I need more of in my life right now?

How will I remind myself that my grief is valid?

Healing doesn't mean forgetting the dream, it means finding a way to carry it with love while living a full life in the here and now. ♥



Please Seek Professional Support

If you are experiencing persistent, overwhelming or complex grief, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings and help you navigate this journey. You don't have to go through this alone.



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Different paths. Meaningful lives. You are not alone. ♥



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





Some
lives touch
the world,
even if only
for a moment.

Disenfranchised Grief Stillbirth

A life that mattered. A loss that is real.

What is Disenfranchised Grief?

Disenfranchised grief is a loss that is not openly acknowledged, validated or supported by others. Stillbirth can be a disenfranchised grief because the depth of your loss may not always be recognised or understood by society. Your baby's life was real, your grief is real, and you are not alone.

Your baby may not
be in your arms,
but they are forever
in your heart.

Grief doesn't mean
your baby didn't matter.
It means they mattered
so much.



1. My Story

Take a moment to reflect. There are no right or wrong answers.

When did my baby come into the world?

What would I like people to know about my baby?

What was my experience like?

What do I wish had been different?

Their story is a part of yours,
and it is worth telling.



2. How I Feel

Grief can bring many emotions. Tick the feelings you have experienced, or add your own.

- ☐ Sadness
- ☐ Numbness
- ☐ Shock
- ☐ Disbelief
- ☐ Anger
- ☐ Guilt
- ☐ Loneliness
- ☐ Emptiness
- ☐ Anxiety
- ☐ Depression
- ☐ Jealousy (e.g. of others' pregnancies)
- ☐ A sense of unfairness
- ☐ Difficulty trusting my body
- ☐ Feeling like others don't understand
- ☐ Relief (it's okay if this is part of your experience)
- ☐ Mixed emotions
- ☐ Other: _____
- ☐ Other: _____

All of
your feelings
are valid.
There is no
right or wrong
way to grieve.



3. What Others Might Not See

Stillbirth is often not openly acknowledged. Tick the statements that feel true for you.

- ☐ People may not realise how much I'm hurting.
- ☐ Others may say, "You can try again."
- ☐ My loss may be minimised because I didn't get to take my baby home.
- ☐ People may not understand that I feel like a parent.
- ☐ I may feel pressure to "move on" quickly.
- ☐ Others may avoid talking about my baby.
- ☐ My grief may not be recognised at work or in social situations.
- ☐ I feel like I have to be strong for others.
- ☐ I feel isolated, even among family and friends.
- ☐ Others may not know how to support me.
- ☐ Other: _____

Just because others don't see your loss,
doesn't mean it isn't real.



4. What Helps Me?

What brings you comfort or support? Tick the ideas that help or add your own.

- ☐ Talking to a trusted partner, friend or counsellor
- ☐ Connecting with other parents who have experienced stillbirth
- ☐ Creating a memory box or keepsake
- ☐ Lighting a candle or planting a tree
- ☐ Writing about my baby
- ☐ Spending time in nature
- ☐ Rituals or ceremonies (e.g. naming, goodbye)
- ☐ Gentle self-care (rest, bath, walk, breathing)
- ☐ Honouring important dates (e.g. due date)
- ☐ Using photographs, scans or mementos
- ☐ Other: _____
- ☐ Other: _____



5. My Baby, Always Remembered

Use this space to write a letter, a poem, or a few words to your baby. You might include their name (if you have one), what they mean to you, or what you wish for them.



You were, and always
will be, deeply loved.



6. Gentle Steps Forward

What are some small things that might help you in the days or weeks ahead?

- ☐ Give myself permission to grieve
- ☐ Be kind and patient with myself
- ☐ Accept support from others
- ☐ Take breaks when I need to
- ☐ Do something that feels meaningful (e.g. a ritual)
- ☐ Seek professional support
- ☐ Join a support group (in person or online)
- ☐ Set boundaries with people who are unhelpful
- ☐ Focus on one day at a time
- ☐ Other: _____
- ☐ Other: _____

Healing doesn't mean forgetting.
It means finding a way to carry your love forward.



7. A Message to Myself

Write a kind and compassionate message to yourself. What would you say to a friend going through this?

You are
stronger than
you know.
You are doing
your best.



8. Support and Hope

Who can support me?

What do I need right now?

A small step I can take this week:

It's okay to
feel sad and
hope at the
same time.



Please Seek Professional Support

If you are experiencing persistent or overwhelming grief, feeling unable to cope, or if your loss is significantly affecting your mental health, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings and help you navigate this difficult journey. You don't have to go through this alone.



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Small lives.
Big love.
Lasting impact.



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Every feeling.
Still you.





Disenfranchised Grief

Adopting Out Your Child

A loss that is real, even if others don't always see it.

Love sometimes means letting go. Your child's life matters. Your feelings matter. Both can be true.

What is Disenfranchised Grief?

Disenfranchised grief is a loss that is not openly acknowledged, validated or supported by others. Choosing to place your child for adoption can be a deeply loving and selfless decision, yet it can also bring profound grief. Your loss may not be fully understood by society, and you may not receive the empathy or support you need, even though your grief is real and lasting.

A different path, A lasting love, A forever connection in your heart.



1. My Story

Take a moment to reflect. There are no right or wrong answers.

What led to my decision to place my child for adoption?

What were my hopes for my child?

What has been the hardest part of this experience?

How has this loss affected me over time?

What do I want others to understand about my journey?

My story is valid, and it matters.



2. How I Feel

Grief can bring many emotions. Tick the feelings you have experienced, or add your own.

- ☐ Sadness
- ☐ Longing
- ☐ Emptiness
- ☐ Guilt
- ☐ Shame
- ☐ Relief
- ☐ Love
- ☐ Anxiety
- ☐ Anger
- ☐ Feeling judged or misunderstood
- ☐ A sense of loss or absence
- ☐ Wondering about my child
- ☐ Difficulty trusting myself
- ☐ A mix of emotions
- ☐ Feeling I have no right to grieve
- ☐ Feeling invisible
- ☐ Isolation or loneliness
- ☐ Pride in the decision I made
- ☐ Other: _____
- ☐ Other: _____

All of your feelings are valid. There is no right or wrong way to grieve.



3. The Myths and Reality

Tick the statements that feel true for you. You can also add your own.

- ☐ My grief is not always recognised by others.
- ☐ People may say, "You made the right choice, so you shouldn't be sad."
- ☐ I worry about what my child's life is like now.
- ☐ I still feel like a parent, even though my child is not in my care.
- ☐ I may feel judged for my decision.
- ☐ I sometimes feel I have no right to grieve.
- ☐ My loss is minimised because I chose adoption.
- ☐ I feel a deep and lasting love for my child.
- ☐ I carry "what if" questions.
- ☐ I may experience grief at important milestones (e.g. birthdays, school events).
- ☐ I feel proud of the strength it took to make this decision.
- ☐ Others don't understand the complexity of my feelings.
- ☐ Other: _____
- ☐ Other: _____

Just because others don't see your loss, doesn't mean it isn't real.



4. What Helps Me?

What brings you comfort or support? Tick the ideas that help or add your own.

- ☐ Talking to a trusted friend or counsellor
- ☐ Connecting with others who have placed a child for adoption
- ☐ Writing in a journal
- ☐ Creating a memory box or keepsake
- ☐ Lighting a candle or planting a tree
- ☐ Writing a letter to my child (even if not sent)
- ☐ Practising self-compassion
- ☐ Spending time in nature
- ☐ Allowing myself to feel and express my emotions
- ☐ Honouring important dates (e.g. due date, birthday)
- ☐ Focusing on what my child needs, not what others think
- ☐ Other: _____
- ☐ Other: _____



5. A Letter to My Child

Write a letter to your child. You might like to share your love, hopes, or what you want them to know. This letter is for you – you can keep it private or choose a special way to honour it.



You will always be a part of me. A different journey, but a love that lasts.



6. Looking After Myself

What are some small steps you can take to care for yourself right now?

- ☐ Be kind and patient with myself
- ☐ Acknowledge my grief, even when others don't
- ☐ Seek professional support
- ☐ Join a support group (in person or online)
- ☐ Set boundaries with unhelpful comments
- ☐ Do something that brings me comfort
- ☐ Remember that healing takes time
- ☐ Other: _____
- ☐ Other: _____



7. My Hope for the Future

What do I hope for my child? What do I hope for myself? Write your thoughts below.

My hopes for my child:

My hopes for myself:

Hope and grief can exist together. I can miss what was, and still hope for what is ahead.



When to Seek Professional Support

If you are experiencing persistent or overwhelming grief, feeling unable to cope, or if your loss is significantly affecting your mental health, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings and help you navigate this journey. You don't have to go through this alone.



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Different paths. Still a parent. Always a love.



Grief is a sign of love, not weakness.



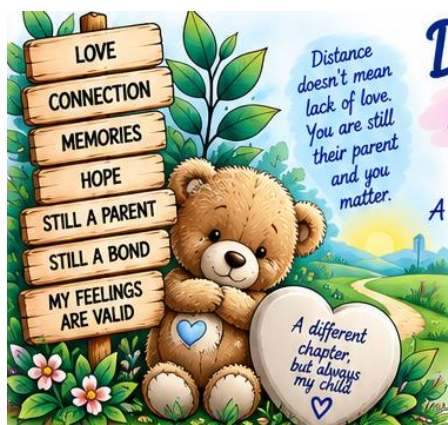
Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

This image shows a blank sheet of white paper with horizontal blue lines. In the top-left corner, there is a small pink heart and some green leaves. In the bottom-right corner, there is another small pink heart and some green leaves. The rest of the page is empty.

Every thought.
Every feeling.
Still you.





Distance doesn't mean lack of love. You are still their parent and you matter.

Disenfranchised Grief

My Child was Taken from Me for their Protection

A loss that is real, even if others don't always see it.

I grieve the life I imagined, not because I don't want what is best for my child, but because I love them deeply.

It's okay to feel sad, angry, guilty, relieved and hopeful all at the same time. Your feelings are valid.

What is Disenfranchised Grief?

Disenfranchised grief is a loss that is not always openly acknowledged, validated or supported by others. When your child is removed from your care for their safety, you may experience deep grief, even though they are still alive. This type of grief can be misunderstood or judged, as others may not recognise the ongoing loss, love and pain you carry. Your feelings are real and valid.



1. My Story

Take a moment to reflect. There are no right or wrong answers.

What has happened in my situation?

How has this affected me as a parent?

What do I miss most?

What is the hardest part for me right now?

What do I want others to understand about my experience?

My love for my child has not changed, no matter the circumstances.



2. How I Feel

Grief can bring many emotions. Tick the feelings you are experiencing, or add your own.

- ☐ Sadness
- ☐ Anger
- ☐ Guilt
- ☐ Shame
- ☐ Loneliness
- ☐ Heartache
- ☐ Worry
- ☐ Helplessness
- ☐ A sense of loss
- ☐ Feeling judged or misunderstood
- ☐ Self-blame
- ☐ A mix of relief and sadness
- ☐ Missing my child's everyday moments
- ☐ Grief for the relationship I hoped for
- ☐ Fear about the future
- ☐ Love (always)
- ☐ Feeling like I have no right to grieve
- ☐ Feeling invisible
- ☐ Other: _____
- ☐ Other: _____

All of your feelings are valid. There is no right or wrong way to grieve.



3. Challenging the Myths

Disenfranchised grief is often met with judgement or misunderstanding. Tick the statements that you have heard or felt, and reframe them with a kinder truth.

Myth (What others may say)	A Kinder Truth
☐ "You should be over this by now."	Grief doesn't have a time limit.
☐ "You chose this."	I made the best decision I could with the information I had.
☐ "At least they are safe."	Both things can be true – they are safe, and I am grieving.
☐ "You still see them, so you shouldn't be sad."	It's still a loss, even if there is some contact.
☐ "You can have another child."	This child is unique, and my grief is about them.
☐ "It's not really a loss they're still alive."	It is a loss of the life we could have shared.
☐ "You must have done something wrong."	This ignores the complexity of the situation and my ongoing love.
☐ Other: _____	_____



4. What Helps Me?

What brings you comfort or support? Tick the ideas that help or add your own.

- ☐ Talking to a trusted counsellor or support worker
- ☐ Connecting with other parents who have had children removed
- ☐ Joining a support group (in person or online)
- ☐ Writing in a journal
- ☐ Creating a memory box
- ☐ Keeping a letter or a special item for my child
- ☐ Gentle self-care (e.g. rest, nature, music)
- ☐ Practising self-compassion
- ☐ Focusing on what I can do now
- ☐ Reminding myself that I am still a parent
- ☐ Other: _____
- ☐ Other: _____



5. A Letter to My Child

Write a letter to your child. You might like to share your love, what you wish for them, or what you want them to know. This letter is for you – you can keep it private or find a special way to hold onto it.

No matter where you are, you are always in my heart.



6. Looking After Myself

What are some small steps you can take to care for yourself right now?

- ☐ Give myself permission to grieve
- ☐ Be kind and patient with myself
- ☐ Talk to someone I trust
- ☐ Seek professional support
- ☐ Set small, achievable goals
- ☐ Do something that brings me comfort
- ☐ Connect with others who understand
- ☐ Remind myself that my wellbeing matters too
- ☐ Other: _____
- ☐ Other: _____

I can care for myself and still be a loving parent.



7. My Hopes for the Future

What do I hope for my child? What do I hope for myself? Even small hopes are important.

My hopes for my child:

My hopes for myself:

Hope and grief can exist together.



When to Seek Professional Support

If you are experiencing persistent or overwhelming grief, feelings of depression, anxiety, self-blame, or are struggling to cope, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings, help you process your loss, and support you in finding ways to heal. You don't have to go through this alone.



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This worksheet is for personal reflection and education. It is not a substitute for professional medical or mental health advice.

A different path, but still a parent. Always a love.



Their story is still part of mine. Always.



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

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Disenfranchised Grief Chosen Abortion

A loss that is real, even if others don't always see it.

What is Disenfranchised Grief?

Disenfranchised grief is a loss that is not always openly acknowledged, validated or supported by others. When you have made the decision to end a pregnancy, you may still experience deep grief, even though it was the right decision for you. This type of grief can be minimised, misunderstood or judged by society, yet your feelings are real, valid and important.

It's possible to feel relieved and grieve at the same time. Both feelings can be true. Your story matters. Your feelings matter.

A different destination, but still a journey worth honouring.



1. My Story

Take a moment to reflect. There are no right or wrong answers.

What led me to make the decision to end the pregnancy?

How do I feel about my decision now?

What has been the hardest part of this experience?

How has this loss affected me (e.g. emotionally, physically, in my relationships)?

What do I want others to understand about my experience?

My feelings are valid, no matter what my decision was.



2. How I Feel

Grief can bring many emotions. Tick the feelings you have experienced, or add your own.

- ☐ Sadness
- ☐ Grief
- ☐ Relief
- ☐ Guilt
- ☐ Shame
- ☐ Loneliness
- ☐ Anxiety
- ☐ Anger
- ☐ Confusion
- ☐ A sense of loss
- ☐ Emptiness
- ☐ Numbness
- ☐ Self-doubt
- ☐ Mixed emotions
- ☐ Difficulty talking about it
- ☐ Feeling misunderstood
- ☐ Feeling judged
- ☐ A loss of the future I imagined
- ☐ A need for privacy
- Other: _____
- Other: _____

All of your feelings are valid. There is no right or wrong way to grieve.



3. Challenging the Myths

Disenfranchised grief after a chosen abortion is often misunderstood. Tick the statements that feel true for you.

- ☐ People may think I shouldn't feel sad because it was my choice.
- ☐ Others may see it as a simple medical procedure, not a loss.
- ☐ I may feel I have to keep my feelings private.
- ☐ I worry about being judged if I talk about it.
- ☐ People may say, 'You made the right choice, so you shouldn't feel upset.'
- ☐ Others may not recognise the impact it has had on me.
- ☐ I may feel pressure to 'move on' quickly.
- ☐ I feel like I have to be strong and not show my grief.
- ☐ My grief may not be acknowledged by friends or family.
- ☐ I feel isolated in my experience.
- ☐ I may question my decision at times.
- ☐ I feel a sense of loss for the future I imagined.
- ☐ My experience is often minimised in society.
- Other: _____
- Other: _____

Just because others don't see your loss, doesn't mean it isn't real.



4. What Helps Me?

What brings you comfort or support? Tick the ideas that help or add your own.

- ☐ Talking to a trusted friend or partner
- ☐ Speaking with a counsellor or therapist
- ☐ Joining a support group (in person or online)
- ☐ Journaling my thoughts and feelings
- ☐ Creating a personal ritual (e.g. candle, letter, tree)
- ☐ Allowing myself time and space to grieve
- ☐ Gentle self-care (rest, nature, exercise, hobbies)
- ☐ Connecting with others who have had a similar experience
- ☐ Being kind and patient with myself
- ☐ Educating myself about grief after abortion
- Other: _____
- Other: _____



5. A Letter to My Past Self

Write a compassionate letter to yourself — to the person who made this decision. What would you like to say? You might offer understanding, kindness, or reassurance.



You did what you felt was right, with the information you had at the time. You are still worthy, and you are still you.



6. Looking After Myself Now

What are some small steps you can take to support your wellbeing right now?

- ☐
- ☐ Give myself permission to grieve
- ☐ Talk to someone I trust
- ☐ Seek professional support
- ☐ Be gentle and patient with myself
- ☐ Set boundaries with others if needed
- ☐ Focus on what I can control now
- ☐ Engage in activities that bring me comfort
- ☐ Remember that healing takes time
- Other: _____
- Other: _____

Healing doesn't mean forgetting. It means finding a way to carry your loss with kindness.



7. My Hopes for the Future

Despite this loss, what do I still hope for? What is possible for me now?



New possibilities can exist alongside your grief.



When to Seek Professional Support

If you are experiencing persistent or overwhelming grief, guilt, shame, anxiety, depression or difficulty coping, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings and help you navigate this journey. You don't have to go through this alone.



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Different paths. Real feelings. Valid grief. You are not alone.



Your story is yours, and it matters.



Your Thoughts, Feelings and Reflections

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your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





Some losses are not seen, but are deeply felt. You are still a father to the child who will always be a part of you. ♥

Disenfranchised Grief

Abortion / Fatherhood Deprivation

A loss that is real, even if others don't always see it.

What is Disenfranchised Grief?

Disenfranchised grief is a loss that is not always openly acknowledged, validated or supported by others. When an abortion happens, men/partners can experience grief and a sense of fatherhood deprivation, yet their loss is often invisible or minimised by society. This can lead to feelings of sadness, guilt, confusion, helplessness and loneliness. Your feelings are real and valid.

Grief isn't always about what is visible. It's about what you carry in your heart. Your experience matters, your feelings matter, and your story matters. ♥

It is okay to grieve a future that didn't happen. ♥



1. My Story

Take a moment to reflect. There are no right or wrong answers.

What happened?

How did I feel about the abortion decision?

What has been the hardest part for me?

What do I miss or feel I have lost?

How has this experience affected me now?

My feelings are valid, even if others don't understand. ♥



2. How I Feel

Grief can bring many emotions. Tick the feelings you have experienced, or add your own.

- | | |
|--|---|
| ☐ Sadness | ☐ I feel I have no right to grieve |
| ☐ Grief | ☐ Fear of judgement |
| ☐ Anger | ☐ A sense of failure |
| ☐ Guilt | ☐ Mixed emotions |
| ☐ Regret | ☐ I still think about my child |
| ☐ Relief | ☐ I wonder what they would be like |
| ☐ Confusion | ☐ I feel invisible |
| ☐ Emptiness | ☐ Others don't understand |
| ☐ Helplessness | ☐ A need for closure |
| ☐ Loneliness | ☐ A loss of identity |
| ☐ Shame | ☐ Other: _____ |
| ☐ Disconnection | ☐ Other: _____ |
| ☐ Loss of a future | ☐ Other: _____ |
| ☐ What if...? | ☐ Other: _____ |
| ☐ Anxiety | ☐ Other: _____ |
| ☐ Depression | ☐ Other: _____ |
| ☐ Jealousy (seeing others become parents) | ☐ Other: _____ |
| ☐ Numbness | |
| ☐ A sense of fatherhood deprivation | |

All of your feelings are valid. There is no right or wrong way to grieve. ♥



3. Challenging the Myths

Many men/partners experience judgement or misunderstanding. Tick the statements that feel true for you.

- | |
|--|
| ☐ I feel like I'm expected to "just move on." |
| ☐ People don't see me as a parent. |
| ☐ Others think I shouldn't feel sad because it was my partner's decision. |
| ☐ I feel I can't talk about it with friends or family. |
| ☐ I worry I will be judged if I share my feelings. |
| ☐ Society doesn't recognise my loss. |
| ☐ I feel like I have to be strong and not show emotion. |
| ☐ I feel invisible in my grief. |
| ☐ I don't have rituals or recognition for my loss. |
| ☐ Others don't understand the impact this has had on me. |
| ☐ Other: _____ |
| ☐ Other: _____ |

Just because others don't see your loss, doesn't mean it isn't real. ♥



4. What Helps Me?

What brings you comfort or support? Tick the ideas that might help, or add your own.

- | |
|---|
| ☐ Talking to a trusted friend or partner |
| ☐ Speaking with a counsellor (in person or online) |
| ☐ Joining a support group |
| ☐ Writing in a journal |
| ☐ Creating a personal ritual (e.g. lighting a candle, planting a tree) |
| ☐ Spending time in nature |
| ☐ Honouring my child in a special way |
| ☐ Allowing myself to feel and express my emotions |
| ☐ Learning about other men's/partners' experiences |
| ☐ Practising self-compassion |
| ☐ Focusing on what I can do now |
| ☐ Other: _____ |
| ☐ Other: _____ |



5. A Letter to My Child

Write a letter to your child. You might like to share your love, what you imagine their life might have been like, or what they mean to you. This letter is for you – you can keep it private or find a special way to honour it.



You may not be here in my arms, but you are always in my heart. ♥



6. Looking After Myself

What are some small steps you can take to support your wellbeing right now?

- | |
|---|
| ☐ Give myself permission to grieve |
| ☐ Be kind and patient with myself |
| ☐ Talk to someone I trust |
| ☐ Seek professional support |
| ☐ Join a men's support group |
| ☐ Find healthy ways to express my emotions |
| ☐ Engage in activities that bring me comfort |
| ☐ Remember that healing takes time |
| ☐ Set boundaries with people who are unhelpful |
| ☐ Focus on what gives my life meaning now |
| ☐ Other: _____ |

Taking care of yourself is not forgetting – it's honouring both your loss and your future. ♥



7. My Hopes for the Future

What do I hope for in my life now? What can I still look forward to? Even after this loss, there can still be meaning, purpose and joy.

Hope and grief can exist together. ♥



When to Seek Professional Support

If you are experiencing persistent or overwhelming grief, sadness, anxiety, depression, self-blame, or if this loss is significantly affecting your daily life, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings and help you navigate this journey. You don't have to go through this alone. ♥



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This worksheet is for personal reflection and education. It is not a substitute for professional medical or mental health advice.

Different journeys. Still fathers. Still love. Always matters. ♥



Your story is real. Your grief is valid. You are not alone. ♥



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





Disenfranchised Grief Relationship Loss ♥

A loss that is real, even if others don't always see it.

You can grieve someone who is still alive. You can grieve a relationship that ended. Your pain is real, your healing matters. ♥

What is Disenfranchised Grief?

Disenfranchised grief is a loss that is not always openly acknowledged, validated or supported by others. Relationship loss, such as the end of a romantic relationship, divorce, a friendship ending, or loss of a close connection, can be deeply painful, yet others may minimise your grief or expect you to "move on" quickly. Your feelings are real, valid and important.

It's okay to miss what was, even if it wasn't meant to last forever. ♥



1. My Story

Take a moment to reflect. There are no right or wrong answers.

What has ended?

What did this relationship mean to me?

What am I finding the hardest right now?

What has changed in my life because of this loss?

What do I miss the most?

My feelings are valid, even if others don't understand. ♥



2. How I Feel

Grief can bring many emotions. Tick the feelings you are experiencing, or add your own.

- | | |
|--|---|
| ☐ Sadness | ☐ I miss them |
| ☐ Anger | ☐ I still care |
| ☐ Confusion | ☐ I feel a lack of closure |
| ☐ Loneliness | ☐ I keep replaying things |
| ☐ Anxiety | ☐ I feel like I failed |
| ☐ Guilt | ☐ I feel judged |
| ☐ Relief | ☐ I feel I have to be strong |
| ☐ Rejection | ☐ I feel invisible |
| ☐ Abandonment | ☐ I question my worth |
| ☐ Jealousy | ☐ I feel shame |
| ☐ Worthlessness | ☐ I feel I have to move on |
| ☐ Emptiness | ☐ I feel lonely, even when around others |
| ☐ Numbness | ☐ I am finding it hard to trust again |
| ☐ Yearning | ☐ I feel a loss of identity |
| ☐ Self-doubt | ☐ Other: _____ |
| ☐ A sense of loss | ☐ Other: _____ |
| ☐ Feeling stuck | |
| ☐ Disbelief | |
| ☐ Mixed emotions | |
| ☐ Other: _____ | |

There is no right or wrong way to grieve. All of your feelings are valid. ♥



3. Challenging the Myths

Tick the statements that feel true for you. Remind yourself of the kinder truth.

Myth (What others may say)	A Kinder Truth
☐ "It wasn't a big deal."	It was a meaningful relationship to me.
☐ "You can just be friends."	I need space and time to heal.
☐ "There are plenty of other people."	This loss is significant to me.
☐ "You should be over it by now."	Grief takes time. There is no timeline.
☐ "It was for the best."	It can still be the right decision and still hurt.
☐ "You brought it on yourself."	I am allowed to grieve without blame.
☐ "You're better off without them."	I can acknowledge the good and still feel the loss.
☐ "At least they are still alive."	I can grieve a relationship, even if the person is still alive.
☐ Other: _____	

Just because others don't see your loss, doesn't mean it isn't real. ♥



4. What Helps Me?

What brings you comfort or support? Tick the ideas that help or add your own.

- ☐ Talking to a trusted friend or counsellor
- ☐ Journaling my thoughts and feelings
- ☐ Creating a memory box
- ☐ Spending time in nature
- ☐ Listening to music
- ☐ Allowing myself to cry
- ☐ Practising self-compassion
- ☐ Setting boundaries (e.g. no contact)
- ☐ Focusing on my health and wellbeing
- ☐ Engaging in hobbies or activities I enjoy
- ☐ Connecting with supportive people
- ☐ Reminding myself of my strengths
- ☐ Other: _____
- ☐ Other: _____



5. An Activity for Healing

My Letter (you can keep this private)

Write a letter to your past relationship. You might like to express what you are feeling, what you wish you could say, what you are letting go of, or what you have learned. There are no rules – this is for you.



Thank you for the lessons, the memories, and the growth. I choose healing. ♥



6. Rebuilding Me

What are some small steps you can take to support yourself now?

- ☐ Be kind and patient with myself
- ☐ Give myself permission to grieve
- ☐ Take breaks from social media if needed
- ☐ Seek professional support
- ☐ Spend time with people who make me feel safe
- ☐ Focus on what I can control
- ☐ Explore new interests or goals
- ☐ Celebrate small steps forward
- ☐ Remind myself that I am still whole
- ☐ Other: _____
- ☐ Other: _____

I can let go, heal and create a new chapter. ♥



7. My Hope for the Future

What do I hope for myself? What can I look forward to? Write your hopes below.



This is not the end of my story, it's the beginning of a new one. ♥



When to Seek Professional Support

If you are experiencing persistent or overwhelming grief, sadness, anxiety, depression, self-blame, or if this loss is significantly affecting your daily life, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings and help you navigate this journey. You don't have to go through this alone. ♥



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Healing isn't forgetting, it's finding a way to carry what was, while still moving forward. ♥



Different relationships. Same real feelings. You are not alone. ♥



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





It's okay to grieve what you've lost, while still hoping for what's next. ♥

Disenfranchised Grief Job Loss ♥

A loss that is real, even if others don't always see it.

It's okay to feel sad, angry, scared or uncertain. This was more than just a job – it was part of your life, identity and dreams. ♥

What is Disenfranchised Grief?

Disenfranchised grief is a loss that is not always openly acknowledged, validated or supported by others. Job loss can bring a deep sense of grief, even though the person is still alive and physically well. It can mean a loss of identity, purpose, routine, financial security, social connection and future plans. Because it's not a death, many people don't recognise the depth of the pain, yet your feelings are real, valid and important.

Your worth is not defined by your job. ♥



1. My Story

Take a moment to reflect. There are no right or wrong answers.

What happened?

How did I feel when I first found out?

What has been the hardest part for me?

What has changed in my life since losing my job?

What do I miss the most?

My feelings are valid, even if others don't understand. ♥



2. How I Feel

Grief can bring many emotions. Tick the feelings you have experienced, or add your own.

- | | |
|--|---|
| ☐ Sadness | ☐ Financial worry |
| ☐ Anger | ☐ Uncertainty |
| ☐ Shock | ☐ Jealousy (seeing others working) |
| ☐ Disbelief | ☐ Relief (in some ways) |
| ☐ Anxiety | ☐ A mix of emotions |
| ☐ Fear | ☐ Feeling judged |
| ☐ Stress | ☐ Feeling invisible |
| ☐ Overwhelm | ☐ Numbness |
| ☐ Guilt | ☐ Frustration |
| ☐ Shame | ☐ Self-doubt |
| ☐ Loss of confidence | ☐ A need for purpose |
| ☐ Embarrassment | ☐ Hope for the future |
| ☐ Loneliness | ☐ Feeling I have nothing to offer |
| ☐ Rejection | ☐ A sense of no control |
| ☐ Worthlessness | ☐ Disconnection |
| ☐ Feeling lost | ☐ Other: _____ |
| ☐ Lack of motivation | ☐ Other: _____ |
| ☐ A loss of identity | ☐ Other: _____ |
| ☐ A sense of failure | ☐ Other: _____ |
| ☐ Grief for my routine | |
| ☐ Grief for my work relationships | |

All of your feelings are valid. There is no right or wrong way to grieve. ♥



3. Challenging the Myths

Tick the statements that feel true for you. Remind yourself of a kinder truth.

Myth (What others may say)	A Kinder Truth
☐ "It's just a job."	It was more than a job – it was part of my identity, routine and purpose.
☐ "You'll get over it quickly."	Healing takes time.
☐ "At least you have more time now."	It's okay to feel sad, even if there are some positives.
☐ "Lots of people lose their jobs."	My experience is still valid and unique.
☐ "You can just find another one."	It's not always that easy.
☐ "You're lucky to have a break."	This is a real loss, not a holiday.
☐ "You should be grateful for what you still have."	I can feel grateful and still grieve what I've lost.
☐ "It wasn't that important."	It mattered to me.
☐ Other: _____	

Just because others don't see your loss, doesn't mean it isn't real. ♥



4. What Helps Me?

What brings you comfort or support? Tick the ideas that help or add your own.

- ☐ Talking to a trusted friend or family member
- ☐ Seeking professional support (counsellor)
- ☐ Joining a support group (in person or online)
- ☐ Journaling my thoughts and feelings
- ☐ Keeping a daily routine
- ☐ Getting outside in nature
- ☐ Exercise or gentle movement
- ☐ Setting small goals
- ☐ Exploring new interests or education
- ☐ Updating my resume or career plan (when ready)
- ☐ Connecting with others going through the same thing
- ☐ Practising self-compassion
- ☐ Reminding myself that this is a transition, not the end
- ☐ Other: _____
- ☐ Other: _____



5. Rediscovering Me

Job loss can feel like a loss of identity. Use this space to explore who you are beyond your job.

What are my strengths?

What values are important to me?

What activities make me feel good?

What have I learned through this experience?

What qualities do I bring, no matter my job title?

I am more than my job. My value remains. ♥



6. My Next Steps

What are some small steps you can take to support your wellbeing and move forward (in your own time)?

- ☐ Be kind and patient with myself
- ☐ Focus on my emotional wellbeing
- ☐ Take time to rest and recharge
- ☐ Update my resume when I feel ready
- ☐ Explore new career options or training
- ☐ Seek professional support if needed
- ☐ Connect with supportive people
- ☐ Set small, achievable goals
- ☐ Celebrate small wins
- ☐ Practice gratitude (e.g. 3 things each day)
- ☐ Other: _____
- ☐ Other: _____

It's okay to take one small step at a time. ♥



7. Hope for the Future

What do I hope for? What can I look forward to? Even in uncertainty, there can be new opportunities.

My hopes for the next few months:

My hopes for the future:

This is not the end of my story. It's a transition to something new. ♥



When to Seek Professional Support

If you are experiencing persistent or overwhelming grief, anxiety, depression, a loss of motivation, or are finding it difficult to cope with daily life, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings and help you navigate this journey. You don't have to go through this alone. ♥



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A new chapter can still be a beautiful one. ♥



Your story is still being written. You are not alone. ♥



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





The loss of a home can be deeply painful. It's okay to grieve what you've lost, even if others don't understand.

Disenfranchised Grief Loss of Home

A loss that is real, even if others don't always see it.

What is Disenfranchised Grief?

Disenfranchised grief is a loss that is not always openly acknowledged, validated or supported by others. Losing your home, whether due to natural disaster, financial stress, domestic violence, eviction or other circumstances, can bring a deep sense of grief. It can mean a loss of safety, stability, identity, community and treasured memories. Your feelings are real, valid and important.

It's okay to grieve the loss of a place that meant so much. Home isn't just a building - it's where life happens, memories are made, and you feel you belong.

You can grieve your home and still feel hopeful for the future.



1. My Story

Take a moment to reflect. There are no right or wrong answers.

What happened? (e.g. natural disaster, eviction, financial hardship, domestic violence, end of tenancy)

What did my home mean to me?

What am I finding the hardest right now?

What do I miss the most?

How has this loss affected me emotionally, physically, socially or financially?

My grief is real, even if others don't understand.



2. How I Feel

Grief can bring many emotions. Tick the feelings you are experiencing, or add your own.

- | | |
|--|---|
| ☐ Sadness | ☐ Frustration |
| ☐ Anger | ☐ Emptiness |
| ☐ Shock | ☐ A sense of loss |
| ☐ Disbelief | ☐ Worry about the future |
| ☐ Anxiety | ☐ Financial stress |
| ☐ Fear | ☐ Difficulty trusting |
| ☐ Stress | ☐ Looking for a new normal |
| ☐ Overwhelm | ☐ Feeling invisible |
| ☐ Guilt | ☐ Hope |
| ☐ Shame | ☐ Resilience |
| ☐ Loneliness | ☐ Determination |
| ☐ Numbness | ☐ Gratitude for support |
| ☐ Helplessness | ☐ A mix of emotions |
| ☐ Loss of identity | ☐ Other: _____ |
| ☐ Loss of stability | ☐ Other: _____ |
| ☐ Grief for belongings | ☐ Other: _____ |
| ☐ Grief for memories | |
| ☐ Feeling unsafe | |
| ☐ Feeling unsettled | |
| ☐ Feeling like I don't belong | |

All of my feelings are valid. There is no right or wrong way to grieve.



3. Challenging the Myths

Disenfranchised grief is often met with misunderstanding. Tick the statements that feel true for you and reframe them with a kinder truth.

Myth (What others may say)	A Kinder Truth
☐ "It's just a house."	It was my home, and it meant so much more.
☐ "You can always find another place."	A new house isn't the same as my home and the memories I had there.
☐ "At least you're safe."	It's okay to feel grateful and still grieve what I've lost.
☐ "Other people have it worse."	My feelings are valid, and my loss matters.
☐ "It's just material things."	It wasn't just things - it was my sense of safety, identity and belonging.
☐ "You should be over it by now."	Grief takes time. There is no timeline.
☐ "It's a fresh start."	It can be both a loss and a new beginning.
☐ Other: _____	

Just because others don't see your loss, doesn't mean it isn't real.



4. What Helps Me?

What brings you comfort or support? Tick the ideas that might help, or add your own.

- ☐ Talking to a trusted friend, family member or support worker
- ☐ Joining a support group (in person or online)
- ☐ Journaling my thoughts and feelings
- ☐ Creating a memory box (photos, keepsakes)
- ☐ Keeping a routine
- ☐ Spending time in nature
- ☐ Practising self care (rest, exercise, healthy food)
- ☐ Connecting with my community
- ☐ Seeking practical support (housing, financial, legal)
- ☐ Allowing myself to feel and express my emotions
- ☐ Focusing on what I can control
- ☐ Reminding myself of my strengths
- ☐ Other: _____
- ☐ Other: _____



5. Finding a New Sense of Home

Home can be more than a place - it can also be a feeling. Use this space to explore what helps you feel safe, connected and at home, even right now.

What makes me feel safe?

Where do I feel a sense of belonging?

What small things can I do to create comfort?

Who helps me feel at home, no matter where I am?

What does "home" mean to me now?



Home is a feeling I can create again.



6. Looking After Myself Now

What are some small steps you can take to support your wellbeing right now?

- ☐ Give myself permission to grieve
- ☐ Be kind and patient with myself
- ☐ Focus on my basic needs (food, rest, safety)
- ☐ Seek practical support if needed
- ☐ Reach out and talk about how I feel
- ☐ Do things that bring me comfort
- ☐ Celebrate small wins
- ☐ Keep hope, even when it feels hard
- ☐ Remember that this is a chapter, not the whole story
- ☐ Other: _____
- ☐ Other: _____

It's okay to take things one day at a time.



7. Hopes for the Future

What do I hope for? What can I look forward to? Even after this loss, there can be new possibilities.

My hopes for the next few months:

My hopes for the future:



A new chapter can begin, even after a great loss.

When to Seek Professional Support

If you are experiencing persistent or overwhelming grief, sadness, anxiety, depression, or difficulty coping with this loss, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings and help you navigate this journey. You don't have to go through this alone.



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This worksheet is for personal reflection and education. It is not a substitute for professional medical or mental health advice.

Home was a chapter of my story, not the end of it.



You are still you. You still belong. You are not alone.



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

This image shows a blank sheet of white paper with light blue horizontal lines. In the top-left corner, there is a small pink heart icon next to some green leaves. Similarly, in the bottom-right corner, there is another small pink heart icon next to some green leaves. The rest of the page is empty and ready for writing.

Every thought.
Every feeling.
Still you.





Disenfranchised Grief

Loss of Home - Planning for What's Next

A loss that is real, even if others don't always see it.

Why Plan for the Future?

Losing your home can bring grief, uncertainty and fear. Having a plan can help you feel more in control, make informed decisions, and create a sense of safety and hope. This worksheet will help you explore housing options, identify your needs and priorities, and take practical steps toward your next chapter. There is no rush — small steps still move you forward.

This isn't just about finding a house. It's about finding a safe place to rebuild, feel secure, and create a new beginning. You've got this.

A new home can be part of a brighter future.



1. Where Am I Now?

Take a moment to reflect on your current situation.

What has led to the loss of my home?

Where am I currently staying?

What feels most challenging right now?

What support do I have (e.g. family, friends, services)?

What do I need most right now?

It's okay to feel uncertain. This is a starting point, not a final destination.



2. My Housing Needs

Tick what is important to you in a future home. You can add your own.

- | | |
|---|--|
| ☐ Safe and secure
☐ Affordable
☐ Close to family or friends
☐ Close to work or study
☐ Pet friendly
☐ Accessible (e.g. no stairs)
☐ Public transport nearby
☐ In a quiet area
☐ Near healthcare services
☐ Near schools or education
☐ Space for children
☐ Space for hobbies
☐ Short-term (temporary)
☐ Long-term (permanent)
☐ Other: _____
☐ Other: _____ | What would be nice but not essential?
☐ Backyard or outdoor space
☐ Garage or parking
☐ Extra rooms
☐ Walkable to shops
☐ Near nature (parks, beach)
☐ A sense of community
☐ Modern amenities
☐ Furnished
☐ Air conditioning/heating
☐ Storage space
☐ Other: _____
☐ Other: _____ |
|---|--|



3. Exploring Housing Options

Look into different housing options that might be available to you. Tick those you want to explore further.

- | |
|--|
| ☐ Staying with family or friends (short-term)
☐ Private rental (house, unit or room)
☐ Social housing / public housing
☐ Community housing organisations
☐ Crisis or temporary accommodation
☐ Supported accommodation
☐ Shared housing (housemates)
☐ Aged care housing (if applicable)
☐ Specialist housing (e.g. disability, domestic violence)
☐ Rent assistance (e.g. Centrelink)
☐ Buying a home (when financially ready)
☐ Tiny homes / alternative housing
☐ Relocating to another area
☐ Other: _____
☐ Other: _____ |
|--|



There are options, and it's okay to explore different pathways.



4. Where Can I Find Information?

List services, websites or people you can contact for housing support and advice.

Service / Organisation	Contact Details / Notes



5. My Action Plan

Break it down into small, achievable steps. Tick as you go.

What I will do	By when?
☐ Research housing options	
☐ Contact support services	
☐ Gather required documents (e.g. ID, income proof)	
☐ Apply for housing or assistance	
☐ Inspect properties or options	
☐ Organise finances / budget	
☐ Create a moving plan	
☐ Sort and downsize belongings	
☐ Arrange utilities (power, water, internet)	
☐ Seek emotional support	
☐ Celebrate each step forward	
☐ Other: _____	

Small steps lead to big changes.



6. Overcoming Challenges

What challenges might I face, and how can I prepare for them?

Potential Challenge	How Can I Manage It?
Financial stress	
Limited housing availability	
Long waiting times	
Feeling overwhelmed	
Difficulty finding something suitable	
Leaving a familiar area	
Managing belongings	
Emotional triggers / grief	
Other: _____	
Other: _____	
Other: _____	



7. Looking Ahead

Visualise your future. Where do you hope to be in 6 months? 1 year? 5 years? What would a safe and supportive home look like for you?

In 6 months: _____

In 1 year: _____

In 5 years: _____

A safe home is not just a place, it's a foundation for your healing.



8. Be Kind to Myself

Moving forward takes time. I will remind myself:

- ☐ It's okay to grieve what I've lost.
- ☐ It's okay to feel anxious or uncertain.
- ☐ I am doing the best I can right now.
- ☐ I can ask for help.
- ☐ This is a transition, not the end.
- ☐ I am still worthy, no matter where I live.
- ☐ I can create a new home and new memories.



A new chapter is still a beautiful part of my story.



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You may have lost a home, but you have not lost your future.



New beginnings are still possible.



Your Thoughts, Feelings and Reflections

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your feelings,
your healing
matter.

[illegible]

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Every feeling.
Still you.





Disenfranchised Grief Loss of Physical Mobility

A loss that is real, even if others don't always see it.

What is Disenfranchised Grief?

Disenfranchised grief is a loss that is not always openly acknowledged, validated or supported by others. The loss of physical mobility – whether due to illness, injury, disability or a progressive condition – can bring grief for the life you once had and the activities you can no longer do. This grief is real, even if others don't understand or recognise the depth of the change. Your feelings are valid and important.

It's okay to grieve the life you had, while also finding hope in the life you have now. Both can be true.

You are still you. Your worth is not measured by what you can do, but by who you are.



1. My Story

Take a moment to reflect. There are no right or wrong answers.

What has happened and how has my physical mobility changed?

What activities do I miss or find difficult now?

How has this loss affected me emotionally?

What has been the hardest part for me?

What do I want others to understand about my experience?

My grief is real, even if others don't always see it.



2. How I Feel

Grief can bring many emotions. Tick the feelings you are experiencing, or add your own.

- | | |
|--|--|
| ☐ Sadness | ☐ Reduced confidence |
| ☐ Anger | ☐ Emptiness |
| ☐ Frustration | ☐ Acceptance (some days) |
| ☐ Loss | ☐ Numbness |
| ☐ Grief | ☐ Hope (some days) |
| ☐ Anxiety | ☐ Resilience |
| ☐ Fear | ☐ A mix of emotions |
| ☐ Isolation | ☐ Feeling misunderstood |
| ☐ Loneliness | ☐ Feeling left out |
| ☐ Guilt | ☐ Grief for a previous life |
| ☐ Shame | ☐ Adjusting to a new normal |
| ☐ Loss of independence | ☐ Determination |
| ☐ Loss of identity | ☐ Self-compassion |
| ☐ Helplessness | ☐ Gratitude |
| ☐ Disappointment | ☐ Other: _____ |
| ☐ A sense of unfairness | ☐ Other: _____ |
| ☐ Jealousy (seeing others do things easily) | ☐ Other: _____ |
| ☐ Worry about the future | |
| ☐ Feeling a burden | |

All of my feelings are valid. There is no right or wrong way to grieve.



3. Challenging the Myths

Many people don't understand the grief of losing physical mobility. Tick the statements that feel true for you.

Myth (What others may say)	A Kinder Truth
☐ "But you're still alive, that's what matters."	My loss is real, and it's okay to grieve what I can no longer do.
☐ "You can just do something else."	It's not always that simple. It takes time to adjust.
☐ "You don't look disabled."	Not all disabilities are visible. My experience is valid.
☐ "You just need to be more positive."	It's okay to feel a range of emotions. Grief and hope can exist together.
☐ "Others have it worse."	My grief is not a competition. My feelings matter.
☐ "You should be grateful for what you can still do."	I can be grateful and still grieve what I've lost.
☐ "You'll get over it."	This is a significant life change. It's a process, not a quick fix.
☐ Other: _____	

My experience is valid, even if it's not fully understood by others.



4. What Supports Me?

What brings you comfort or support? Tick the ideas that help or add your own.

- ☐ Talking to a trusted friend, family member or counsellor
- ☐ Joining a support group (in person or online)
- ☐ Connecting with others with a similar condition
- ☐ Gentle movement or exercises (e.g. physio, yoga, swimming)
- ☐ Assistive aids or technology
- ☐ Adapting activities to make them accessible
- ☐ Spending time in nature
- ☐ Creative activities (e.g. art, music, writing)
- ☐ Practising self-compassion
- ☐ Celebrating small achievements
- ☐ Accessing professional support (e.g. OT, physio, GP)
- ☐ Focusing on what I can do, not just what I've lost
- ☐ Other: _____
- ☐ Other: _____

Support looks different for everyone. What works for me matters.



5. Adapting and Finding New Ways

What are some ways you can adapt, explore new possibilities or find meaning now?



Different pathways can still lead to a fulfilling life.



6. Looking After Myself Now

What are some small steps you can take to support your wellbeing right now?

- ☐ Be kind and patient with myself
- ☐ Allow time and space to grieve
- ☐ Talk about my feelings
- ☐ Seek professional support when needed
- ☐ Focus on what I can control
- ☐ Set realistic and achievable goals
- ☐ Celebrate small wins
- ☐ Take breaks and rest
- ☐ Stay connected with people who understand
- ☐ Challenge unhelpful thoughts
- ☐ Find activities that bring me joy and meaning
- ☐ Remind myself that I am still valuable and enough
- ☐ Other: _____
- ☐ Other: _____

I am still capable of living a meaningful and joyful life.



7. Hopes for the Future

What do I hope for? What is still possible for me? Even small hopes can bring meaning.

My hopes for the next 6 months: _____

My hopes for the next 1 year: _____

My hopes for the future: _____

My story is still being written, and there are still beautiful chapters ahead.



When to Seek Professional Support

If you are experiencing persistent or overwhelming grief, sadness, anxiety, depression, or difficulty adjusting to changes in your physical mobility, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings and help you navigate this journey. You don't have to go through this alone.



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This worksheet is for personal reflection and education. It is not a substitute for professional medical or mental health advice.

You may have lost some abilities, but you have not lost your value.



Still here. Still me. Still enough.



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





Disenfranchised Grief Pet Loss ♥

A loss that is real, even if others don't always see it.

What is Disenfranchised Grief?

Disenfranchised grief is a loss that is not always openly acknowledged, validated or supported by others. The death of a pet can bring deep sadness, and many people may not understand the depth of your grief. This can make you feel isolated or that your loss doesn't matter, when in fact, the bond you shared is real and significant. Your feelings are valid.

It's okay to grieve the loss of a pet. They weren't "just an animal". They were family, a source of unconditional love, comfort and joy. Your feelings are valid. ♥

Grief looks different for everyone. There is no right or wrong way to grieve a beloved pet. ♥



1. My Bond

Take a moment to reflect. There are no right or wrong answers.

My pet's name was:

What made my pet special?

How did my pet enrich my life?

What are my favourite memories?

What do I miss most?

How has this loss affected me emotionally?

The love we give our pets and the love they give us is real. ♥



2. How I Feel

Grief can bring many emotions. Tick the feelings you are experiencing, or add your own.

- | | |
|--|--|
| ☐ Sadness | ☐ Feeling others don't understand |
| ☐ Emptiness | ☐ Isolation |
| ☐ Crying | ☐ Jealousy (of others with their pets) |
| ☐ Anger | ☐ Tiredness |
| ☐ Guilt | ☐ Lack of motivation |
| ☐ Loneliness | ☐ Difficulty concentrating |
| ☐ Anxiety | ☐ Physical symptoms (e.g. headaches, tension) |
| ☐ Numbness | ☐ Yearning |
| ☐ Shock | ☐ Feeling judged |
| ☐ Disbelief | ☐ A sense of "it was just a pet" from others |
| ☐ Heartbreak | ☐ Mixed emotions |
| ☐ Feeling lost | ☐ Peace |
| ☐ Depression | ☐ Love |
| ☐ Missing routine | ☐ Other: _____ |
| ☐ Missing their presence | ☐ Other: _____ |
| ☐ A sense of unfairness | |
| ☐ Relief (if they were suffering) | |
| ☐ Gratitude for the time together | |
| Gratitude: _____ | |



All of your feelings are valid. There is no right or wrong way to grieve. ♥



3. Challenging the Myths

Tick the statements that resonate with you. Remind yourself of the kinder truth.

Myth (What others may say)	A Kinder Truth
☐ "It was just a pet."	They were a valued member of my family.
☐ "You can just get another one."	Every pet is unique. They can never be replaced.
☐ "You're overreacting."	My grief is real, and my feelings matter.
☐ "It's only an animal."	Animals give unconditional love, and the bond is deep.
☐ "At least they lived a long life."	It's still a loss. A long life can be a blessing and still be heartbreaking.
☐ "You shouldn't still be upset."	Grief has no timeline. I heal in my own time.
☐ "Others have bigger problems."	My pain is real, even if others don't understand it.
☐ Other: _____	

My pet mattered. My grief matters. ♥



4. What Supports Me?

What brings you comfort? Tick the ideas that help or add your own.

- ☐ Looking at photos or videos
- ☐ Creating a memory box
- ☐ Lighting a candle or having a special place
- ☐ Talking to a trusted friend or family member
- ☐ Joining a pet loss support group (in person or online)
- ☐ Writing in a journal
- ☐ Spending time in nature
- ☐ Creating something in their memory (e.g. art, plant, donation)
- ☐ Talking to a counsellor
- ☐ Practising self-care (rest, healthy food, gentle activity)
- ☐ Connecting with others who understand
- ☐ Allowing myself to cry
- ☐ Reminding myself of the good times
- ☐ Other: _____
- ☐ Other: _____



5. Honouring Their Memory

How might you like to remember and celebrate your pet? Tick what feels meaningful or add your own ideas.

- ☐ Create a memory book or scrapbook
- ☐ Plant a tree, flower or garden in their honour
- ☐ Make a donation to an animal charity
- ☐ Frame a favourite photo
- ☐ Write a letter to my pet
- ☐ Create a piece of art
- ☐ Keep their collar, tag or a special item
- ☐ Share stories with friends or family
- ☐ Do something kind for another animal
- ☐ Mark a special date each year
- ☐ Other: _____
- ☐ Other: _____

Their pawprints remain on my heart forever. ♥



6. Looking After Myself Now

What are some small steps you can take to care for yourself right now?

- ☐ Give myself permission to grieve
- ☐ Be kind and gentle with myself
- ☐ Take breaks when I feel overwhelmed
- ☐ Talk about my feelings
- ☐ Keep a routine (e.g. meals, sleep, gentle exercise)
- ☐ Spend time with supportive people
- ☐ Limit social media if it's triggering
- ☐ Do something that brings me comfort
- ☐ Focus on the positive impact they had on my life
- ☐ Remember that healing takes time
- ☐ Other: _____
- ☐ Other: _____

Self-care helps me heal. I am doing my best. ♥



7. My Hopes for the Future

What do I hope for as I move forward? How do I want to remember my pet? What would feel meaningful for me?

My hopes for myself:

My hopes for how I remember my pet:



When to Seek Professional Support

If you are experiencing persistent or overwhelming grief, sadness, anxiety, depression, or difficulty functioning after the loss of your pet, please reach out to a GP, counsellor, psychologist or other mental health professional. Professional support can provide a safe space to explore your feelings and help you navigate this journey. You don't have to go through this alone. ♥



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Different lives leave beautiful pawprints. ♥



Once by my side, forever in my heart. ♥



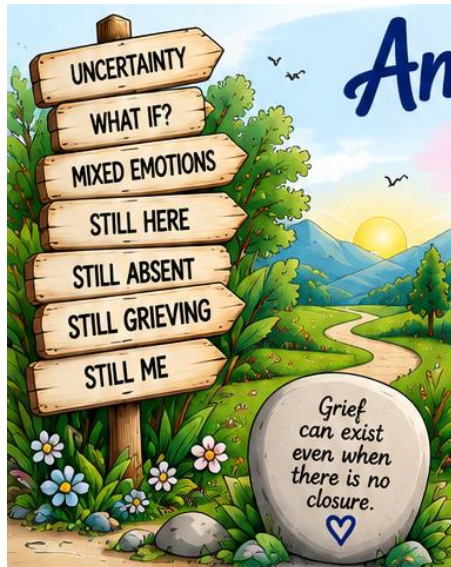
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Every feeling.
Still you.





Ambiguous Grief

When the Loss is Unclear,
but the Pain is Real ♥

Not all losses
are visible,
but they are still
valid. ♥

What is Ambiguous Grief?

Ambiguous grief is the type of grief we feel when there is no clear ending or resolution. It occurs when a person is physically present but psychologically or emotionally absent, or when a loss is uncertain, unclear, or lacks closure.

This type of grief can be confusing and exhausting because there is no definitive point in time to say goodbye, and the hope and the loss often exist at the same time. The uncertainty can make it harder to move forward, as the mind continues to search for answers.

Your grief is real, even if the loss is not clearly defined. ♥

You can miss
someone who
is still here.
You can grieve
what might be.
Both are valid. ♥

Why It Can Be So Hard

Ambiguous grief often comes with mixed emotions. You may feel sadness, confusion, anger, guilt, hope and longing all at once. Because the loss is unclear, others may not recognise or understand your grief, which can make you feel isolated or invalidated. There is often no ceremony, no clear timeline and no socially accepted way to grieve.

It's a loss without closure,
but it's still a loss. ♥

What Can It Feel Like?

- Missing someone who is still alive
- Feeling stuck between hope and loss
- Constant uncertainty
- Grieving what was, what is, and what might be
- Feeling invisible or misunderstood
- Emotional exhaustion
- Difficulty making plans for the future
- A sense of ongoing longing
- Periods of sadness, anxiety or anger
- Relief and guilt existing at the same time

It's okay to feel all of these things.
There is no right or wrong way to grieve. ♥



Who Can Experience Ambiguous Grief?

Ambiguous grief can affect anyone, and it is more common than many people realise. It may be experienced by:

- Family members of someone with dementia or cognitive decline
- Loved ones of someone with a mental illness
- People with a loved one who is missing or whose whereabouts are unknown
- Family and friends of someone with a substance use disorder
- People experiencing estrangement from a family member
- Those going through separation or divorce when the relationship is still ongoing
- People facing infertility or uncertain pregnancies
- Anyone experiencing a significant life change with an unclear outcome



Examples of Ambiguous Grief

- A loved one with dementia – they are physically present but their personality and memories are changing.
- A family member with a mental illness – you may feel the loss of the relationship you once had.
- A person missing or whose fate is unknown.
- Estrangement from a child, parent or other family member.
- A relationship that has ended but there is still contact.
- Infertility, miscarriage, or a pregnancy with an uncertain outcome.
- A loved one with a substance use disorder who is still alive but not fully present.
- A major life change (e.g. relocation, career change) where the future is uncertain.

Different situations, but the same
complex emotions. ♥



Remember...

- Your feelings are valid.
- Ambiguous grief can be just as painful as other types of grief.
- It's okay to feel hope and sadness at the same time.
- There is no timeframe for this type of grief.
- You are not alone.
- Others may not understand, but your experience is real.
- You can still find ways to heal and live a meaningful life, even with uncertainty.



These Worksheets Will Help You...

- Explore your unique experience of ambiguous grief
- Identify and understand your emotions
- Challenge unhelpful thoughts and self-blame
- Find healthy ways to cope with uncertainty
- Explore what gives you hope and meaning
- Practice self-compassion
- Discover supportive strategies for daily life
- Set gentle goals for moving forward
- Feel more empowered, even when there are no clear answers

There may be uncertainty,
but there can also be strength,
hope and new possibilities. ♥



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Real People
Real Feelings
A Brighter Tomorrow ♥

Even in the unknown,
you can find a way forward. ♥



It's okay
to grieve
what is
uncertain.

Ambiguous Grief

Exploring My Loss

A space to reflect, understand and make sense of what you are experiencing.

Just because
there is no clear
ending, doesn't mean
the grief isn't real.
Your feelings
matter.

What is Ambiguous Grief?

Ambiguous grief is the experience of grieving a loss that is unclear, uncertain or without a definite end. It can occur when someone is physically present but emotionally absent, or when the outcome is unknown. This type of grief can be confusing and exhausting because there is no clear closure, and the loss can continue over time.



You can grieve
what is missing,
even when
it's still here.



1. Identifying My Loss

What am I grieving? It might be a person, relationship, health, role, situation or a future that is uncertain.



My loss is real,
even if it's not fully understood
by others.



2. What Makes This Loss Ambiguous?

Tick the statements that feel true for you, or add your own.

- ☐ The person is physically present but emotionally absent
- ☐ The outcome is uncertain (e.g. illness, addiction, missing person, legal situation)
- ☐ There is no clear timeline
- ☐ There is no closure
- ☐ My relationship has changed, but they are still here
- ☐ I am grieving a future I expected that may no longer happen
- ☐ I don't know what to hope for
- ☐ My feelings are often mixed
- ☐ Others don't seem to understand my grief
- ☐ I feel like I am in limbo
- ☐ Other: _____
- ☐ Other: _____

It's okay that my grief looks different.
My feelings are valid.



3. My Thoughts and Feelings

What thoughts and emotions come up for you when you think about your loss? You can use words, draw, or both.

My Thoughts	My Feelings



It's normal to feel
many emotions
at the same time.



4. The Impact on My Life

How has this loss affected different areas of your life? Tick the areas that apply and add your own.

- ☐ Emotional wellbeing
- ☐ Physical health
- ☐ Relationships
- ☐ Work or study
- ☐ Finances
- ☐ Daily routines
- ☐ Future plans and goals
- ☐ Sense of identity
- ☐ Feeling safe or secure
- ☐ Other: _____
- ☐ Other: _____

It's okay to
acknowledge
how much this
has impacted
me.



5. What Do I Miss?

Explore what you have lost, or what has changed. This might include the person they were, the relationship, shared experiences, future plans, or a sense of certainty.



What I miss matters.



6. Hopes, Uncertainties and Fears

It's common to hold hope and grief together. Explore what hopes, uncertainties and fears you are carrying.

My Hopes (what I wish for)	
My Uncertainties (what I don't know)	
My Fears (what I worry about)	

It's okay to hold hope and fear at the same time.
Both are part of my experience.



7. What Helps Me Cope?

What supports me when this grief feels heavy? Tick the strategies you use or would like to try.

- ☐ Talking to a trusted friend or counsellor
- ☐ Journaling or creative expression
- ☐ Spending time in nature
- ☐ Gentle movement or exercise
- ☐ Practising mindfulness or breathing exercises
- ☐ Setting small, achievable goals
- ☐ Connecting with others who understand
- ☐ Allowing myself to feel all emotions
- ☐ Other: _____
- ☐ Other: _____

There is
no right or
wrong way
to cope. I can
find what
works for me.



8. Moving Forward (In My Way)

What can I do right now to take care of myself? Write a few small, supportive steps.

1. _____
2. _____
3. _____
4. _____
5. _____

I may not be able to change the situation,
but I can choose how I care for myself.



9. A Message to Myself

Write a kind and compassionate message to yourself. What would you like to remember?



I am doing the best I can.
My grief is valid, and I am still me.



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Different losses. Real people. Brighter tomorrows.



Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

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Every thought.
Every feeling.
Still you.





Loving & Slowly Losing Someone to Dementia

A space to reflect, feel and find gentle ways to cope

Dementia can bring a unique and complex grief. You may still have your loved one here, but you are also experiencing many losses along the way. This worksheet is here to help you explore your feelings, acknowledge your experience and find ways to care for yourself.

It's okay to grieve someone who is still here. Your feelings are valid.



1. Our Journey

A little about your loved one and your relationship.

Their name: _____

Our relationship: _____

What do I love most about them?

Special memories we share:



2. The Changes I've Noticed

What changes have been the hardest for you to see?

- ☐ Memory loss
- ☐ Changes in personality
- ☐ Difficulty communicating
- ☐ Loss of independence
- ☐ Not recognising me or others
- ☐ Changes in mood or behaviour
- ☐ Seeing them struggle with everyday tasks
- ☐ Feeling like they are fading away
- ☐ Other: _____



3. How I Feel

Dementia can bring a mix of emotions. What have you been feeling? (Tick any that apply)

- | | |
|--------------------------------------|---------------------------------------|
| ☐ Sad | ☐ Angry |
| ☐ Grief | ☐ Exhausted |
| ☐ Helpless | ☐ Confused |
| ☐ Lonely | ☐ Numb |
| ☐ Anxious | ☐ Overwhelmed |
| ☐ Frustrated | ☐ Appreciative |
| ☐ Guilty | ☐ Blessed |
| ☐ Heartbroken | ☐ Other: _____ |



4. The Losses Along the Way

Dementia can bring many small losses, even before the final goodbye. What losses have you already experienced?

- ☐ Conversations and meaningful communication
- ☐ Shared activities and hobbies
- ☐ Their independence
- ☐ Their memory of important people or events
- ☐ Their sense of who they used to be
- ☐ The future we once imagined
- ☐ Feeling like the relationship has changed
- ☐ Other: _____



5. What Still Remains

Even in the midst of change, there is still love and connection. What is still here?



Different, but still special.



6. Ways I Can Cope

What helps me through the difficult days? (Tick any that apply or add your own.)

- ☐ Take time to rest
- ☐ Talk to someone I trust
- ☐ Join a support group
- ☐ Focus on the present moment
- ☐ Capture memories (photos, voice, journal)
- ☐ Be kind to myself
- ☐ Allow myself to feel my emotions
- ☐ Find moments of joy, no matter how small
- ☐ Seek professional support
- ☐ Other: _____



7. Gentle Self-Care Reminders

Caring for someone with dementia can be emotionally and physically exhausting. How can I look after myself during this time?

I can't pour from an empty cup. My wellbeing matters too.



8. A Message to Myself

Write a kind and compassionate message to yourself.



9. Hopes for the Future

What do I hope for? What would bring comfort for me and my loved one?

I may not be able to change the journey, but I can choose how I care, love and be present along the way.



10. Today I Choose ...

Write one or two things you will focus on today to support yourself.

1. _____
2. _____



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You are doing your best, and that is enough.





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





Ambiguous Grief

Living with Multiple Sclerosis

Loss, Change, and a Different Future

A worksheet to help you explore and process the many losses that can come with a diagnosis of Multiple Sclerosis (MS), even though life continues.

It's okay to grieve the life you imagined, while also embracing the life you have. Both are real. Both matter.



What is Ambiguous Grief?

Ambiguous grief is the grief we feel when there is no clear ending or closure. With Multiple Sclerosis, you may grieve the loss of the life you expected, while the person you love – yourself – is still here. Changes in physical abilities, identity, independence, roles and future plans can bring ongoing feelings of loss, uncertainty and sadness. This type of grief can come and go, and may resurface with new symptoms, progression or life changes. Your feelings are valid.



You are more than your diagnosis.



1. My Experience

Take a moment to reflect. There are no right or wrong answers. Write about how MS has changed your life and what you feel you are grieving.

What has changed for me?

What feels hardest right now?

What do I miss?

What fears or uncertainties do I hold?



My feelings are real, even when others don't fully understand.



2. Types of Loss I May Experience

Tick the losses that feel relevant to you, or add your own.

- ☐ Loss of physical abilities (e.g. mobility, balance, strength)
- ☐ Loss of independence
- ☐ Loss of roles (e.g. worker, parent, partner, friend)
- ☐ Loss of identity (feeling like a different version of myself)
- ☐ Loss of future plans and goals
- ☐ Loss of spontaneity
- ☐ Loss of certainty (not knowing what the future holds)
- ☐ Loss of energy and stamina
- ☐ Loss of cognitive abilities (e.g. memory, concentration)
- ☐ Loss of social connection (feeling misunderstood or isolated)
- ☐ Loss of the life I imagined
- ☐ Loss of sense of control
- ☐ Loss of confidence
- ☐ Loss of intimacy or changes in relationships
- ☐ Other: _____
- ☐ Other: _____

These losses are valid, even if they are not always visible.



3. How I Feel

MS can bring a mix of emotions. Tick the feelings you are experiencing, or add your own.

- | | |
|---|--|
| ☐ Sadness | ☐ Acceptance |
| ☐ Grief | ☐ Hope |
| ☐ Frustration | ☐ Resilience |
| ☐ Anger | ☐ Strength |
| ☐ Anxiety | ☐ Determination |
| ☐ Fear | ☐ Love (for myself) |
| ☐ Uncertainty | ☐ Gratitude |
| ☐ Loneliness | ☐ Relief |
| ☐ Guilt | ☐ Peace |
| ☐ Shame | ☐ Confusion |
| ☐ Helplessness | ☐ Fatigue (emotional) |
| ☐ Numbness | ☐ Mixed emotions |
| ☐ Disappointment | ☐ Other: _____ |
| ☐ Jealousy | ☐ Other: _____ |
| ☐ Overwhelm | ☐ Other: _____ |



It's okay to feel many things at the same time.



4. Understanding and Support

Who understands your experience? Who holds space for your grief? Who helps you feel less alone?

People who understand me:

People I can talk to:

Professionals who support me:

Ways others can better understand my experience:



I don't have to explain my grief to everyone. I can choose who I share with.



5. What Helps Me Cope?

What supports me when my grief feels heavy? Tick the strategies you use or would like to try.

- ☐ Talking to a trusted friend, family member or counsellor
- ☐ Connecting with other people with MS
- ☐ Being in nature
- ☐ Gentle exercise or movement (as able)
- ☐ Rest and pacing
- ☐ Journaling or creative expression
- ☐ Mindfulness or breathing exercises
- ☐ Focusing on what I can do
- ☐ Celebrating small wins
- ☐ Allowing myself to feel and express emotions
- ☐ Learning more about MS
- ☐ Setting realistic and meaningful goals
- ☐ Practising self-compassion
- ☐ Other: _____
- ☐ Other: _____



Coping doesn't mean the grief goes away, but it can make it easier to carry.



6. Finding Meaning and Hope

Even with uncertainty, there can still be meaning, connection and moments of joy. What gives you hope? What is still possible for you?

What is still important to me?

What brings me joy, even in small ways?

What are some new possibilities I can explore?

How can I be kind to myself through this journey?



My story is still being written. There is still joy, purpose and possibility.



7. A Message to My Future Self

Write a message of kindness, strength and hope to yourself. What would you like to remember on the harder days?

I am still me. I am doing my best. And that is enough.



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Different journeys. Same human feelings. You are not alone.





Your Thoughts, Feelings and Reflections

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[illegible]

Every thought.
Every feeling.
Still you.





Ambiguous Grief

Slowly Losing Someone You Love

A worksheet to explore, understand and cope with the gradual loss that comes with change, illness or decline.

It's okay to grieve what is changing, even while they are still here. Your feelings are valid. ♥

What is Ambiguous Grief?

Ambiguous grief is the grief we feel when someone we love is still here, but is gradually changing. It can occur with progressive illnesses, including dementia, neurological conditions, or other long-term health issues. The person may be physically present, but parts of the relationship, their abilities, personality or shared future may feel uncertain or already lost. This type of grief can be confusing and exhausting because there is no clear ending, and the loss unfolds over time.

You can love someone and grieve at the same time. ♥



1. My Experience

Take a moment to reflect on your situation. There are no right or wrong answers. This is your experience.

Who am I supporting? _____

What changes have I noticed over time? _____

What do I miss most about "how things used to be"? _____

What is hardest for me right now? _____

♥ It's okay to feel sadness for the changes, even when they are still here.



2. What Losses Am I Experiencing?

Tick the losses that feel relevant, or add your own.

- ☐ Loss of shared conversations
- ☐ Loss of their memory or recognition
- ☐ Loss of independence (theirs or mine)
- ☐ Loss of their personality or sense of self
- ☐ Loss of the future we once imagined
- ☐ Loss of roles (e.g. parent, partner, friend)
- ☐ Loss of shared activities or hobbies
- ☐ Loss of physical closeness or intimacy
- ☐ Loss of the relationship I once had
- ☐ Loss of certainty
- ☐ Loss of my sense of security
- ☐ Loss of the life we planned together
- ☐ Loss of emotional connection
- ☐ Loss of hope at times
- ☐ Other: _____
- ☐ Other: _____



These losses are real, even if they are not always visible. ♥



3. My Thoughts and Feelings

What thoughts and emotions come up for you as you notice these changes? Write, draw or use the emotion words below.

My Thoughts	My Feelings

Words that might fit:

- Sad
- Helpless
- Anxious
- Grateful
- Other: _____
- Angry
- Lonely
- Numb
- Hopeful
- Confused
- Heartbroken
- Overwhelmed
- Exhausted
- Guilt
- Frustrated
- Love
- Mixed emotions



4. What Helps Me Cope?

Tick the strategies that help, or add your own.

- ☐ Talking to a trusted friend, family member or counsellor
- ☐ Taking time out for myself
- ☐ Journaling or creative expression
- ☐ Gentle exercise or time in nature
- ☐ Practising mindfulness or breathing exercises
- ☐ Focusing on what we can still enjoy together
- ☐ Finding support groups (in person or online)
- ☐ Educating myself about the condition
- ☐ Setting realistic expectations
- ☐ Celebrating small moments and positive changes
- ☐ Allowing myself to feel and express emotions
- ☐ Other: _____
- ☐ Other: _____



Coping doesn't mean the grief goes away, but it can make it more manageable. ♥



5. Finding Meaning and Connection

Even with changes and uncertainty, there can still be meaning, love and connection. What is still important? What brings joy, even in small ways?

What do I still cherish about our relationship? _____

What moments are meaningful to me now? _____

How can I stay connected in ways that feel good for both of us? _____

What gives me hope? _____



The relationship may look different now, but love is still there. ♥



6. Looking After Me

Supporting someone through change can be emotionally draining. My wellbeing matters too.

What do I need right now? _____

How can I be kind to myself? _____

What boundaries might help me? _____

Who can support me? _____



I can't control the illness, but I can choose how I care for myself. ♥



7. A Message to Myself

Write a kind and compassionate message to yourself. What would you like to remember on the hard days?



I am doing the best I can. My feelings are valid, and I am not alone. ♥

Different journeys. The same love. Both are real. ♥



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your feelings,
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Small
Steps
Brighter
Days ♥



Bonus Worksheets for Life & Wellbeing

Practical tools to support
a healthier, happier and
more fulfilling you.



Self Care



Emotional
Wellbeing



Positive
Mindset



Coping
Strategies



Relationships



Goals & Purpose



Mindfulness



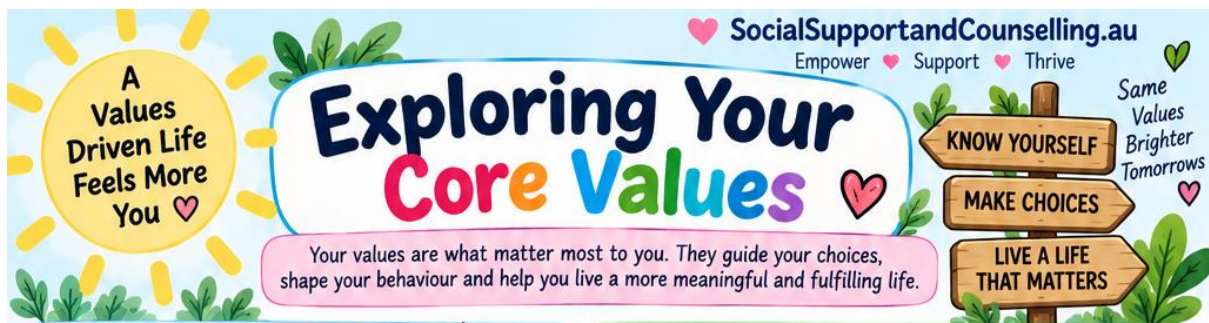
Healthy Habits



Personal Growth

Tools for today. A brighter tomorrow. ♥

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1. What Are Core Values?

Core values are the beliefs and principles that are most important to you. They influence how you think, feel and behave. When you live in line with your values, you feel more authentic, confident and satisfied.

2. Reflect

Take some time to think about:

- What really matters to me?
- What do I want my life to stand for?
- When do I feel most like myself?
- What qualities do I admire in others?
- What kind of impact do I want to make?

*A calm mind,
a purposeful life* 

3. Explore the List

Read through the values below. Tick the ones that resonate with you. You can also add your own.

- | | | |
|---------------------------------------|---|--|
| ☐ Acceptance | ☐ Hope | ☐ Service |
| ☐ Adventure | ☐ Independence | ☐ Spirituality |
| ☐ Authenticity | ☐ Kindness | ☐ Stability |
| ☐ Balance | ☐ Learning | ☐ Success |
| ☐ Belonging | ☐ Love | ☐ Trust |
| ☐ Compassion | ☐ Loyalty | ☐ Truth |
| ☐ Confidence | ☐ Mindfulness | ☐ Wellness |
| ☐ Connection | ☐ Nature | ☐ Happiness |
| ☐ Creativity | ☐ Openness | ☐ Family |
| ☐ Freedom | ☐ Patience | ☐ Community |
| ☐ Friendship | ☐ Peace | ☐ Making a difference |
| ☐ Fun | ☐ Respect | ☐ Support |
| ☐ Gratitude | ☐ Responsibility | ☐ Justice |
| ☐ Growth | ☐ Security | ☐ Reliability |
| ☐ Health | ☐ Self-care | ☐ _____ |
| ☐ Honesty | ☐ Self-improvement | ☐ _____ |
| | | ☐ _____ |

4. Narrow It Down

From your list, choose your **top 5–10** core values. These are the ones that feel most important to you right now.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

5. Reflect Deeper

Choose 2–3 of your top values and answer the questions below.

Value: _____

Why is this value important to me?

How does this value show up in my life now?

How can I live this value more fully?

Value: _____

Why is this value important to me?

How does this value show up in my life now?

How can I live this value more fully?

6. Take Action

How can you use your values to guide your next steps? Write one small action you can take for each value.

Value: _____

My next step:

Value: _____

My next step:

Value: _____

My next step:

"Live a life that feels good on the inside, not just one that looks good on the outside." 





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





1. What Are Strengths?



Strengths are the positive qualities, skills and characteristics that help you manage life, overcome challenges and reach your goals. Everyone has strengths – sometimes we just need to recognise them!

2. Reflect on Your Life



Think about times when you have:

- Overcome a challenge
- Helped someone else
- Felt proud of yourself
- Tried something new
- Kept going even when it was hard

Your past experiences show your strengths in action.

3. Explore the Strengths List



Read through the strengths below. Tick the ones that feel like you. You can also add your own.

- | | | |
|--|--|---|
| ☐ Kind | ☐ Problem solver | ☐ Helpful |
| ☐ Caring | ☐ Organised | ☐ Fun |
| ☐ Brave | ☐ Calm | ☐ Thoughtful |
| ☐ Resilient | ☐ Adaptable | ☐ Persistent |
| ☐ Honest | ☐ Independent | ☐ Optimistic |
| ☐ Loyal | ☐ Motivated | ☐ Practical |
| ☐ Reliable | ☐ Open-minded | ☐ Understanding |
| ☐ Patient | ☐ Respectful | ☐ Forgiving |
| ☐ Creative | ☐ Generous | ☐ Encouraging |
| ☐ Determined | ☐ Compassionate | ☐ Responsible |
| ☐ Positive | ☐ Curious | ☐ Courageous |
| ☐ Empathetic | ☐ Resourceful | ☐ Creative thinker |
| ☐ Good listener | ☐ Good communicator | ☐ Strong |
| ☐ Supportive | ☐ Leadership | ☐ Wise |
| ☐ Trustworthy | ☐ Hard-working | ☐ _____ |
| ☐ Flexible | ☐ Self-aware | ☐ _____ |

4. My Top Strengths



Choose your top 5 strengths from your list.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

These strengths make a difference – in your life and in the lives of others.

5. Strengths in Action



Choose one of your top strengths and answer the questions.

My strength: _____

How does this strength help me in everyday life?

Give an example of a time I used this strength:

How can I use this strength more in the future?

When you use your strengths, you create positive change!

6. Overcoming Challenges



Think about a recent challenge. What strengths helped you get through it?

The challenge: _____

My strengths: _____

What I learned: _____

7. My Strengths Affirmation



Write a positive statement about yourself using your strengths.

*I am capable.
I am more than enough.
I have strengths that matter.*

8. Next Steps



How can I use my strengths to support my goals and dreams?

- ☐ I will use my strengths to _____
- ☐ I will try _____
- ☐ I will keep reminding myself that _____





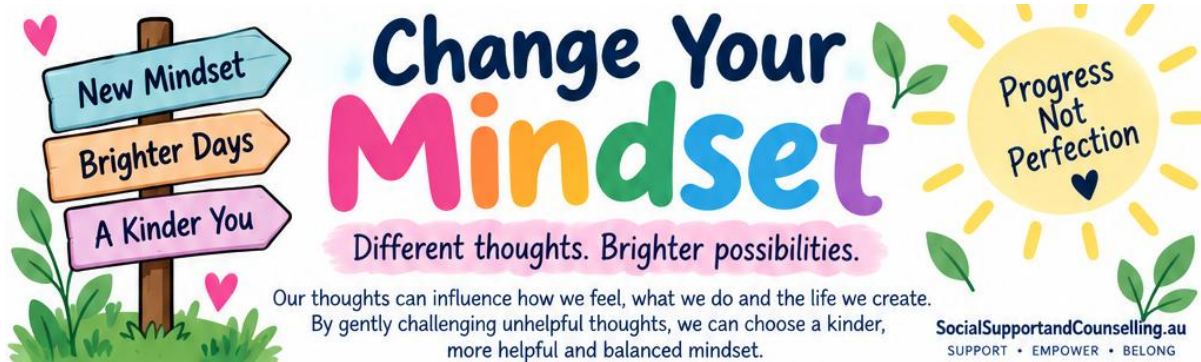
Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.





Unhelpful Thought What's the negative or unhelpful thought?	Challenge It Is this thought 100% true? What evidence do I have? What would I say to a friend?	A Kinder, More Helpful Thought Reframe the thought into something more balanced and positive.
I'm not good enough.	- Is this really true? - What are my strengths? - What would I say to a friend who thought this?	I am enough. I have many positive qualities, and I am doing my best.
I always mess things up.	- Do I always mess things up? - Can I think of times it went well? - What can I learn from this?	I make mistakes, and that's okay. I can learn and do better next time.
I can't do this.	- Is this a fact or a feeling? - What small step could I take? - What have I already overcome?	I can do this, one step at a time. I am capable and stronger than I think.
No one cares about me.	- Is this really true? - Who is in my support network? - What evidence is there that people do care?	There are people who care about me. I am supported and valued.
It's too hard.	- Is it really too hard, or just challenging right now? - What can I do to make it easier? - What small step can I take?	It's challenging, but I can do hard things. I can take small steps and keep going.
I'll never be happy.	- Is this a permanent situation? - Have I had happy moments before? - What might help me feel a little better right now?	Happiness is possible. Things can and do get better, and I can take steps towards a brighter future.
I'm so tired all the time.	- What might be contributing to this? - Am I looking after my physical and mental health? - What can I do to get more support?	It's okay to feel tired. I can rest, recharge and make small changes to feel more energised.



Kind
Brave
Capable
You!



Small Things That Build

SELF-ESTEEM

You are enough, just as you are. ♥

Progress
looks different
for everyone
and that's
okay.



KNOW YOUR STRENGTHS

Focus on what you're good at and what makes you, you.

- Make a list of your strengths.
- Notice what comes easily to you.
- Be proud of what others value in you.



BE KIND TO YOURSELF

Talk to yourself like you would to a good friend.

- Use positive, encouraging words.
- Let go of harsh self-criticism.
- Remember, you are doing your best.



SET SMALL GOALS

Small steps can lead to big changes.

- Choose goals that feel achievable.
- Celebrate each small win.
- Keep going at your own pace.



FOCUS ON PROGRESS, NOT PERFECTION

You don't have to be perfect to be valuable.

- Mistakes are part of learning.
- Every effort counts.
- Progress builds confidence.



STEP OUT OF YOUR COMFORT ZONE

Trying new things helps you grow and build confidence.

- Start with something small.
- Be brave, even if it feels uncomfortable.
- You are stronger than you think.



STOP COMPARING

Your journey is uniquely yours.

- Focus on your own path.
- Unfollow accounts that make you feel less than enough.
- Remember, everyone has different struggles and timelines.



SPEND TIME WITH SUPPORTIVE PEOPLE

Surround yourself with people who lift you up.

- Choose kind and positive people.
- Limit negative influences.
- Build healthy connections.



TAKE CARE OF YOUR BODY

Looking after your body helps you feel your best.

- Eat nourishing food.
- Move your body in ways you enjoy.
- Get enough sleep.
- Stay hydrated.



KEEP PROMISES TO YOURSELF

Small promises build self-trust.

- Start with one small promise.
- Do what you said you'd do.
- Be reliable with yourself.
- Notice how good it feels to follow through.



SPEAK UP FOR YOURSELF

Your thoughts, feelings and needs matter.

- Share your thoughts in a respectful way.
- Set healthy boundaries.
- It's okay to say no.



CELEBRATE YOU

Acknowledge your achievements, no matter how small.

- Celebrate your wins.
- Be proud of who you are.
- Take time to recognise how far you've come.



KEEP GOING

Building self-esteem is a journey, not a destination.

- Be patient with yourself.
- Keep showing up.
- You are stronger than challenges.
- Better days are ahead.



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Support • Growth • A Brighter Tomorrow ♥

You've got this ♥



1. What Matters Most to You?

Think about the things that are most important in your life. What gives your life meaning?

- | | |
|---|--|
| ☐ Family and loved ones | ☐ Adventure and new experiences |
| ☐ Health and wellbeing | ☐ Community and connection |
| ☐ Helping others | ☐ Spirituality or faith |
| ☐ Learning and growth | ☐ Making a difference |
| ☐ Freedom and independence | ☐ Financial security |
| ☐ Creativity and self-expression | ☐ Other: _____ |

2. Reflect on Your Passions

What activities make you feel alive, energised or lose track of time? What do you love doing?

1. _____
2. _____
3. _____
4. _____
5. _____

A purposeful life doesn't happen by chance, it's created by choice.

3. What Are You Good At?

What are your natural talents, skills or strengths? What do others often say you're good at?

1. _____
2. _____
3. _____
4. _____
5. _____

4. How Can You Help Others?

Think about the people, causes or communities you care about. How could you use your skills, experiences or interests to make a positive impact?

1. _____
2. _____
3. _____
4. _____
5. _____

5. What Kind of Legacy Do You Want to Leave?

How do you want to be remembered? What difference do you want to make in the world?

6. Imagine Your Ideal Life

Close your eyes and imagine it's 5 or 10 years from now. You're living a meaningful and fulfilling life. What does it look like? What are you doing? Who are you with? How does it feel?

7. Identify Your Purpose Statement

Bring together your answers. Write a short statement that describes your purpose in life.

"My purpose is to..."

8. Take Action

What are 3 small steps you can take right now to move towards living a more purposeful life?

1. _____
2. _____
3. _____

Small steps still lead to big changes.





Your Thoughts, Feelings and Reflections

Your story,
your feelings,
your healing
matter.

[illegible]

Every thought.
Every feeling.
Still you.



Goal Setting and Achievement Plan ♥

Dream ♥ Plan ♥ Take Action ♥ Achieve

Turn your dreams into achievable goals. Small steps lead to big changes!



1 My Big Picture

What do I want my life to look like? Think about your dreams and what is important to you (e.g. health, relationships, work, personal growth, hobbies, finances).



2 My Goals



Write 3–5 specific goals you would like to achieve. These can be short-term (within 3 months), medium-term (3–12 months) or long-term (1 year+).

1. _____
2. _____
3. _____
4. _____
5. _____

3 Why It Matters

Why are these goals important to you? How will achieving them make you feel? What difference will they make in your life?

A happier, healthier, brighter me ♥

4 SMART Goals

Make your goals SMART to set yourself up for success.

- S** Specific – Be clear and specific.
- M** Measurable – How will you know you've achieved it?
- A** Achievable – Make it realistic.
- R** Relevant – Does it align with your values and what you want?
- T** Time-bound – Set a timeframe.

SMART goals turn dreams into reality! ♥

5 My Action Plan

What steps do you need to take? Break each goal into smaller, manageable steps.

Goal	Action Steps	Timeframe

6 Potential Challenges

What might get in the way? How can you overcome these challenges?

Challenge	My Solution

7 My Progress Tracker

Tick off each step as you go. Celebrate your progress!

- ☐ Step _____
- ☐ Step _____
- ☐ Step _____
- ☐ Step _____
- ☐ Step _____



Progress, not perfection ♥

8 Review & Celebrate

Take time to reflect on your progress. What have you achieved? What's working well? What adjustments do you need to make?



Celebrate every step forward! ♥

My Achievement Reflection

When I achieve my goals, I will:

- ☐ Feel proud of myself
- ☐ Be closer to the life I want
- ☐ Have more opportunities
- ☐ Feel happier and more confident
- ☐ Be a positive role model for others
- ☐ Other: _____

You are capable of amazing things ♥



A little progress each day adds up to big results ♥

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Set your goals
Believe in yourself
Make it happen ♥





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My Wellbeing Self-Assessment



Check in with yourself. Be honest. Be kind. You've got this!

How to use this worksheet:

For each area, choose the number that best describes how you have been feeling over the past 2 weeks.

1 = Not at all 2 = A little 3 = Sometimes 4 = Often 5 = Most of the time

Progress not Perfection



Emotional Wellbeing

How have you been feeling emotionally?

- I feel generally happy. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I can manage my emotions. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I am kind to myself. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I feel hopeful about the future. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I can cope when things are difficult. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



Physical Health

How is your physical health?

- I have enough energy for daily activities. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I am getting enough sleep. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I am eating nourishing foods. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I am staying physically active. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I look after my physical health needs. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



Social Connections

How connected do you feel?

- I feel supported by family or friends. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I have people I can talk to. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I feel a sense of belonging. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I spend time with people who make me feel good. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I reach out for support when I need it. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



Mental Clarity

How clear and focused do you feel?

- I can concentrate on what I need to do. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I can make decisions. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- My thoughts feel manageable. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I can let go of unhelpful overthinking. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I feel in control of my day. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



Self-Care

How well are you looking after yourself?

- I take time to do things I enjoy. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I set healthy boundaries. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I make time to rest and recharge. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I say no to things when I need to. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I do things that make me feel good. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



Purpose & Achievement

How do you feel about your goals and progress?

- I feel a sense of purpose in my life. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I am making progress towards my goals. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I feel proud of what I have achieved. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I try new things and step outside my comfort zone. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- I believe I can create the life I want. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



My Strengths

What are some of your strengths?
(e.g. kind, resilient, creative, organised)



Areas I'd Like to Improve

What would you like to focus on?



My Next Steps

What is one small step you can take to support your wellbeing?

You are capable.
You are enough.
You are making progress.



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A brighter,
healthier you is possible





Your Thoughts, Feelings and Reflections

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Still you.





A healthier mind leads to a brighter tomorrow.

My Mood Tracker

Small steps. Greater awareness.
A brighter you.

Each day, colour the face that best shows how you felt overall.
There are no right or wrong moods. All feelings are valid.
This tracker helps you notice patterns, celebrate good days and be more aware of what you might need.



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It's okay to have all kinds of days

Month: _____

1 	2 	3 	4 	5 	6 	7
8 	9 	10 	11 	12 	13 	14
15 	16 	17 	18 	19 	20 	21
22 	23 	24 	25 	26 	27 	28
29 	30 	31 				

Mood Key



Happy
Great



Good
Content



Okay
Neutral



Sad
Low



Overwhelmed
Very low



This Month I Noticed...

My most common mood was: _____

The days I felt best were: _____

The days I found challenging were: _____

Something that positively influenced my mood was: _____

Something that negatively influenced my mood was: _____



What Helped Me Feel Better?

- _____
- _____
- _____
- _____



What Can I Do Next Month?

- _____
- _____
- _____
- _____



I Am Proud Of...

- _____
- _____
- _____
- _____



Progress
Not Perfection



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Kind Mind
Brighter Days





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Small
Steps
Big
Changes

My Habit Tracker

You
Can
Do
This

Healthy habits. Happier days. A brighter you!

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Look after
your mind



Look after
your body



Be kind
to yourself



Create
a positive day



Progress
not
Perfection

Month: _____

"A little progress each day
adds up to big results."

Daily Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Drink enough water																															
Eat nourishing food																															
Move my body (exercise)																															
Get enough sleep																															
Take time for my mental health																															
Be kind to myself																															
Journal or reflect																															
Connect with others																															
Spend time in nature																															
Do something i enjoy																															
Practice gratitude																															
Stay on track with my goals																															

This Month I Will...

- ☐ _____
- ☐ _____
- ☐ _____

How I Feel This Month...



☐ Happier



☐ About the same



☐ More support needed

I'm Proud Of...

- _____
- _____
- _____

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A healthier
happier you!



Good sleep supports a healthier mind, brighter emotions and a more balanced life. ♥

1. How Am I Sleeping?

Think about your sleep over the past 2 weeks. Tick what best describes you.

- ☐ I fall asleep easily
- ☐ I take a long time to fall asleep
- ☐ I wake up during the night
- ☐ I wake up too early
- ☐ I don't feel rested in the morning
- ☐ My sleep is generally good
- ☐ My sleep varies
- ☐ I often feel tired during the day



2. Sleep Tracker

Use the table to track your sleep for a week. Be honest – there are no right or wrong answers.

Day	Time I went to bed	Time I woke up	Hours of sleep	How rested do I feel? (1-5)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

1 = Very tired 5 = Well rested



3. How Does Sleep Affect My Emotions?

Lack of sleep can make it harder to manage emotions. Tick any emotions you notice when you haven't had enough sleep.

- ☐ Irritable
- ☐ Anxious
- ☐ Low mood
- ☐ Overwhelmed
- ☐ Less motivated
- ☐ More easily upset
- ☐ Trouble concentrating
- ☐ Feeling stressed
- ☐ Less patient
- ☐ Negative thinking
- ☐ Feeling lonely
- ☐ Other: _____



4. My Sleep Habits

Tick the habits you currently have.

- ☐ I have a regular bedtime
- ☐ I avoid screens before bed
- ☐ I have a relaxing bedtime routine
- ☐ My bedroom is dark, quiet and comfortable
- ☐ I avoid caffeine late in the day
- ☐ I exercise regularly
- ☐ I avoid large meals before bed
- ☐ I use my bed only for sleep and rest
- ☐ I wind down and take time to relax



5. What Helps Me Sleep?

What strategies help you feel more relaxed and ready for sleep?



Rest is productive too ♥



6. When I Sleep Well ...

How do you feel when you get a good night's sleep?



7. Barriers to Good Sleep

What might be getting in the way of you getting the sleep you need?



8. What Helps to Get Better Sleep

How do you feel when you get a good and ready for sleep?



8. My Plan for Better Sleep

Choose 2-3 small changes you can try.

- _____
- _____
- _____

When will I start? _____

☐ I'll give it a go!



9. Self-Care for a Calmer Mind

What else can support your emotional wellbeing? (e.g. mindfulness, connecting with others, time in nature, journaling)

A calm mind starts with a rested you. ♥

Remember ... ♥

- Better sleep can improve mood, reduce stress and help you cope with life's challenges.
- Small changes can make a big difference.
- You deserve rest, care and kindness – every day.
- If you are struggling with your sleep or emotional wellbeing, consider talking with your GP or a qualified health professional.





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Still you.



Understanding My Self-Sabotage

Explore • Be Curious • Create Change

This worksheet will help you explore your self-sabotaging behaviours, understand what might be driving them, and consider ways to make positive changes. Be honest and kind with yourself – this is a space for you, with no right or wrong answers.

You are not
"bad" for self-sabotaging.
You are human.
Self-awareness is the
first step towards a
kinder, healthier you.



Small steps still lead to big progress.

1 What is self-sabotage?

Self-sabotage is when we unintentionally get in the way of our own happiness, success or wellbeing, often through our thoughts, feelings or behaviours.

In your own words, what does self-sabotage look like for you?



2 Where does it show up?

In what areas of your life do you notice self-sabotaging behaviours? (Tick all that apply or add your own)

- | | |
|---|--|
| ☐ Relationships | ☐ Self-esteem |
| ☐ Work or study | ☐ Time management |
| ☐ Health and wellbeing | ☐ Emotional wellbeing |
| ☐ Finances | ☐ Social life |
| ☐ Goals and dreams | ☐ Other: _____ |



Notice the patterns with curiosity, not judgement.

3 Common self-sabotaging behaviours

Which of these do you recognise in yourself? (Tick any that apply)

- | | |
|--|--|
| ☐ Procrastination | ☐ Self-criticism |
| ☐ Avoiding responsibilities | ☐ Emotional eating |
| ☐ Setting unrealistic goals | ☐ Substance use |
| ☐ Giving up easily | ☐ Staying in unhealthy situations |
| ☐ Negative self-talk | ☐ Fear of success |
| ☐ Seeking perfection | ☐ Not asking for help |
| ☐ Pushing people away | ☐ Doubting my abilities |
| ☐ Overthinking | ☐ Comparing myself to others |
| ☐ People pleasing | ☐ Other: _____ |

Behaviour is a symptom, not the problem. There is usually a deeper reason behind it.



4 What might be underneath?

Self-sabotage often has deeper causes. Which of the following might contribute to your self-sabotaging behaviours? (Tick any that resonate)

- | |
|---|
| ☐ Fear of failure |
| ☐ Fear of success |
| ☐ Low self-worth |
| ☐ Past trauma or painful experiences |
| ☐ Feeling unworthy |
| ☐ Need for control |
| ☐ Fear of judgement or rejection |
| ☐ Feeling overwhelmed |
| ☐ Unresolved emotions (e.g. grief, anger, sadness) |
| ☐ Learned patterns from family or past relationships |
| ☐ Other: _____ |

Our past can explain our behaviour, but it doesn't have to define our future.

5 What are the impacts?

How does self-sabotage affect you? Consider the short and long term.

Short term impacts

- _____
- _____
- _____
- _____

Long term impacts

- _____
- _____
- _____
- _____

Self-sabotage may feel familiar, but it often keeps us stuck and prevents us from living the life we truly want.



6 What do I really want?

What are your values, goals and the life you want to create? Being clear about what you want can help you notice when you are getting in your own way.



Focus on progress not perfection.

7 Strategies to move forward

What could help you reduce self-sabotaging behaviours? (Tick any you'd like to try or add your own)

- | | |
|---|---|
| ☐ Increase self-awareness | ☐ Practice self-compassion |
| ☐ Challenge negative thoughts | ☐ Build healthy routines |
| ☐ Set smaller, realistic goals | ☐ Celebrate small wins |
| ☐ Be kinder to myself | ☐ Set boundaries |
| ☐ Ask for support | ☐ Let go of perfectionism |
| ☐ Learn to sit with uncomfortable feelings | ☐ Other: _____ |



Change starts with one small, brave step.



8 My commitment

What is one thing I can do this week to be more aware and less self-sabotaging?



"You can't pour from an empty cup. Be kind to yourself as you grow."



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Big Dreams Brighter Days



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Support Today
Brighter Tomorrows

My Bucket List Plan

Dream it ♥ Plan it ♥ Do it

A bucket list is a collection of things you want to do, experience or achieve in your lifetime. Use this worksheet to dream, plan and take small steps towards the things that matter most to you.



1. Reflect ♥

What makes me happy?

Think about the things you enjoy, the places you want to see, the experiences you'd love to have and the person you want to become.

- ♥ Things I love... _____
- ♥ Places I want to visit... _____
- ♥ Experiences I want to try... _____
- ♥ Skills I want to learn... _____
- ♥ Ways I want to give back... _____
- ♥ Who I want to become... _____

2. Dream Big ☁

No dream is too big or too small!

Write down everything you can think of. Let your imagination run wild.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

3. Prioritise ★

What's most important to me?

Choose your top 5 bucket list goals right now. These are the ones you'd most like to make happen.

1. _____
2. _____
3. _____
4. _____
5. _____

4. Make a Plan 📝

Turn your dreams into action.

For each goal, think about the steps you can take, who might support you and when you'd like to achieve it.

Goal (What)	Steps (How)	Support (Who)	Target (When)

5. Take Action 📈

Small steps lead to big things!

What is one small step you can take towards your goals this week?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Progress, not perfection! ♥

6. Check In & Celebrate 🏆

Acknowledge your progress.

Tick off your achievements and celebrate every step, no matter how small!

- ☐ I've started... _____
- ☐ I've made progress on... _____
- ☐ I've completed... _____
- ☐ I'm proud of... _____
- ☐ Next, I will... _____

"A happier, more fulfilling life is a collection of small steps." ♥



"A bucket list gives you a reason to look forward to tomorrow." ♥

I am capable of amazing things ♥





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Empower ♥ Support ♥ Thrive



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[illegible]

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Every feeling.
Still you.



You are
not alone.
Help is always
available. ♥

Crisis Support Numbers & Websites

For when you or someone you care about needs urgent support.
There is always someone who will listen and help.

A brighter
tomorrow
is possible. ♥

SUPPORT
HOPE
HEALING



Australian Support Services

24/7 support is available
across Australia. ♥



Lifeline

Crisis support and suicide prevention services.

13 11 14

lifeline.org.au



Beyond Blue

Support for anxiety, depression and mental health.

1300 22 4636

beyondblue.org.au



Suicide Call Back Service

24/7 support for anyone impacted by suicide.

1300 659 467

suicidecallbackservice.org.au



Kids Helpline

Counselling and support for young people aged 5–25.

1800 55 1800

kidshelpline.com.au



13YARN

Crisis support for Aboriginal and Torres Strait Islander people.

13 92 76

13yarn.org.au



MensLine Australia

Support for men and boys.

1300 78 99 78

mensline.org.au



QLife

LGBTIQA+ support and counselling.

1800 184 527

qlife.org.au



Parentline

Support for parents and carers.

1300 30 1300

parentline.org.au



In an Emergency

If you or someone else is in immediate danger
or needs urgent medical help, call

 **000**

Police | Fire | Ambulance



Other Useful Australian Services

headspace

Mental health support for young people.

1800 650 890

headspace.org.au

ReachOut

Online mental health support for young people.

au.reachout.com

SANE Australia

Support for complex mental health issues.

1800 187 263

sane.org

Butterfly Foundation

Support for eating disorders and body image.

1800 33 4673

butterfly.org.au



Remember...

- ♥ It's okay to ask for help.
- ♥ You are not a burden.
- ♥ Your feelings are valid.
- ♥ There are people who care and want to listen.
- ♥ Support is available, and recovery is possible.



Worldwide Support Services

Support is available no matter
where you are in the world. ♥



International Association for Suicide Prevention (IASP)

Global resources and links to crisis centres.

iasp.info

Find a help centre
in your country.



USA – 988 Suicide & Crisis Lifeline

Free, 24/7 support.

988

988lifeline.org



UK – Samaritans

24/7 emotional support.

116 123

samaritans.org



Canada – Crisis Services Canada

24/7 support across Canada.

1 833 456 4566

crisisservicescanada.ca



New Zealand – Lifeline

24/7 support.

0800 543 354

lifeline.org.nz



Ireland – Pieta

Crisis support and suicide prevention.

1800 247 247

pieta.ie



Europe – Befrienders Worldwide

Links to crisis support in many countries.

befrienders.org



International – Find A Helpline

Search for support services in your country.

findahelpline.com



International – I Need Help Now

A global directory of mental health helplines.

ineedhelpnow.org



International – 7 Cups

Free online emotional support and trained listeners.

7cups.com



Crisis Text Line (USA & Canada)

Text support, 24/7.

Text HOME to 741741

crisistextline.org



Trans Lifeline (USA & Canada)

Peer support run by and for trans people.

1 877 565 8860

translifeline.org



Reaching out for support
is a sign of strength,
not weakness. ♥



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You matter.
Help is out there.
Keep going. ♥

