

UNDERSTANDING MY GRIEF

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

1) I am having the hardest time adjusting to

2) I feel most triggered when I

3) What happens when I feel triggered?

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

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

6) I express my emotions by

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

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

9) During this process I have learned that

Grief And Loss Activity Sheets

ML Yell



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