



GRIEF

No finish line.

There is no worksheet score for missing someone.

For adults grieving a death or another meaningful loss. You do not need to follow stages, disclose details, or turn pain into a lesson. Try only what fits today.

01 Name what is difficult right now.

A feeling, reminder, practical demand, change in routine, or something that is hard to name.

02 Make a small support map.

Who can listen? Who can help with a task? Who offers professional or community support? One name is enough.

03 Plan for a meaningful date or difficult moment.

What would you like to keep, change, decline, or leave undecided? Who could help you carry out that choice?

ONE SUPPORTIVE CHOICE

A manageable act of care or connection for today:



GRIEF

Room for mixed feelings.

You can miss, resent, remember, feel numb, or not know.

Use your own language for the person or loss. If distress or changes in functioning feel hard to manage, consider support from a qualified professional.

01 What feels different in my life now?

Name one change, without trying to solve every part of it.

02 What do I want to remember, release, or leave undecided?

None of these choices is required. A complicated relationship can remain complicated.

03 What kind of company would feel helpful?

Someone to talk with, sit beside, help practically, or respect some space.

A NOTE TO MYSELF

Today, I do not have to...
