

Ways I am Growing Around my Grief



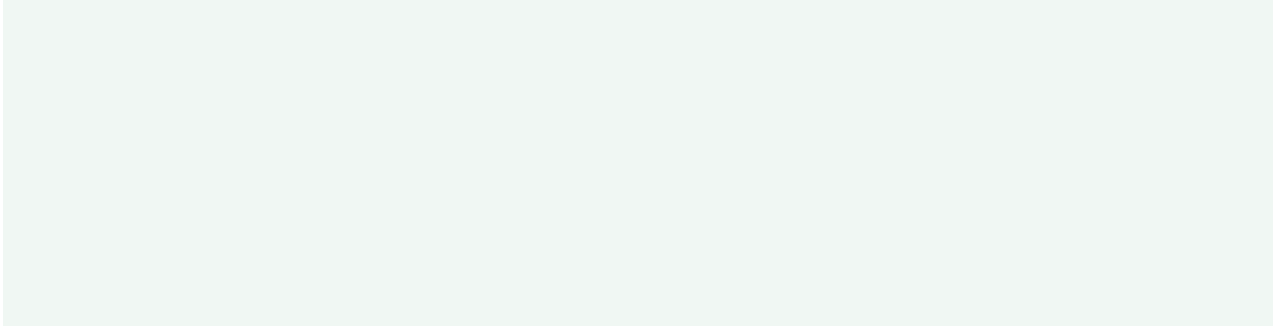
by using my Coping
Strategies & Supports

understanding how I am
grieving

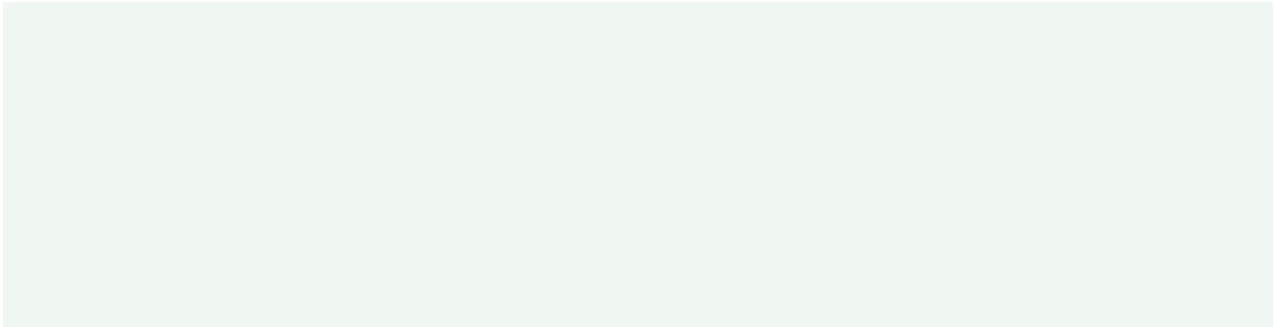
and keeping my
loved one's memory alive

More Coping Strategies

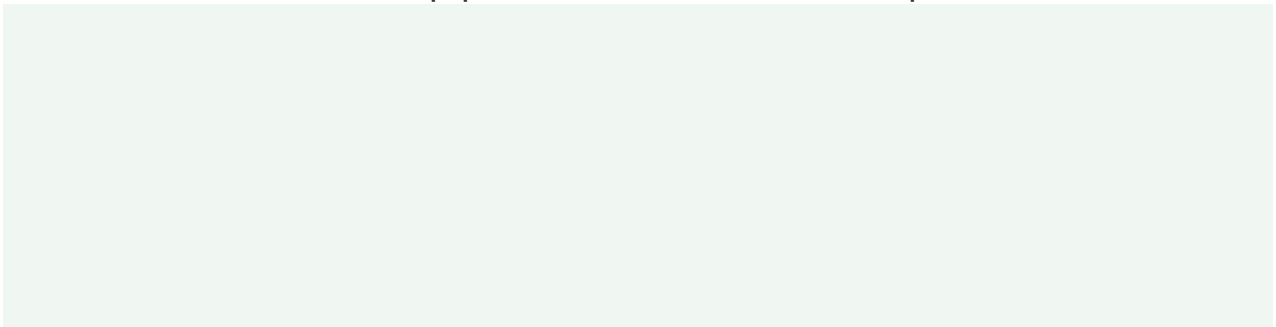
My support network: people I can reach out to



My healthy outlets / coping strategies



What I need to support my healthy coping:



Understanding my Grief

I feel emotionally activated when:

I'm proud of myself for:

I have the hardest time with:

I express my emotions by:

I am afraid of / I am afraid to:

Understanding my Grief

I am saddest when:

My best coping mechanism is:

I give myself permission to express my emotions by:

Other notes to myself about what I know (or have learned) about my grieving:

My (your loved one)

What I know about my

(My) would want me to know....

(My) would want me to remember....

What (my) would tell me (or have to say) about (insert a situation)

Remembering

DATE:

The Ways I remember

The Ways I keep’s memory alive

The Ways I honor my

eg mark a spot in their honour (a seat, a tree, or plant a tree/shrub...), begin a tradition to remember them, share their stories & photos, do an activity you enjoyed together, keep something of theirs, or something that reminds you of them, with you.

The Ways I continue my relationship with my

eg. talk to them, write to them, visit their grave, keep photos of them around, incorporate them into special days, imagine advice they would give me, talk about them to people who never knew them, or people who did
