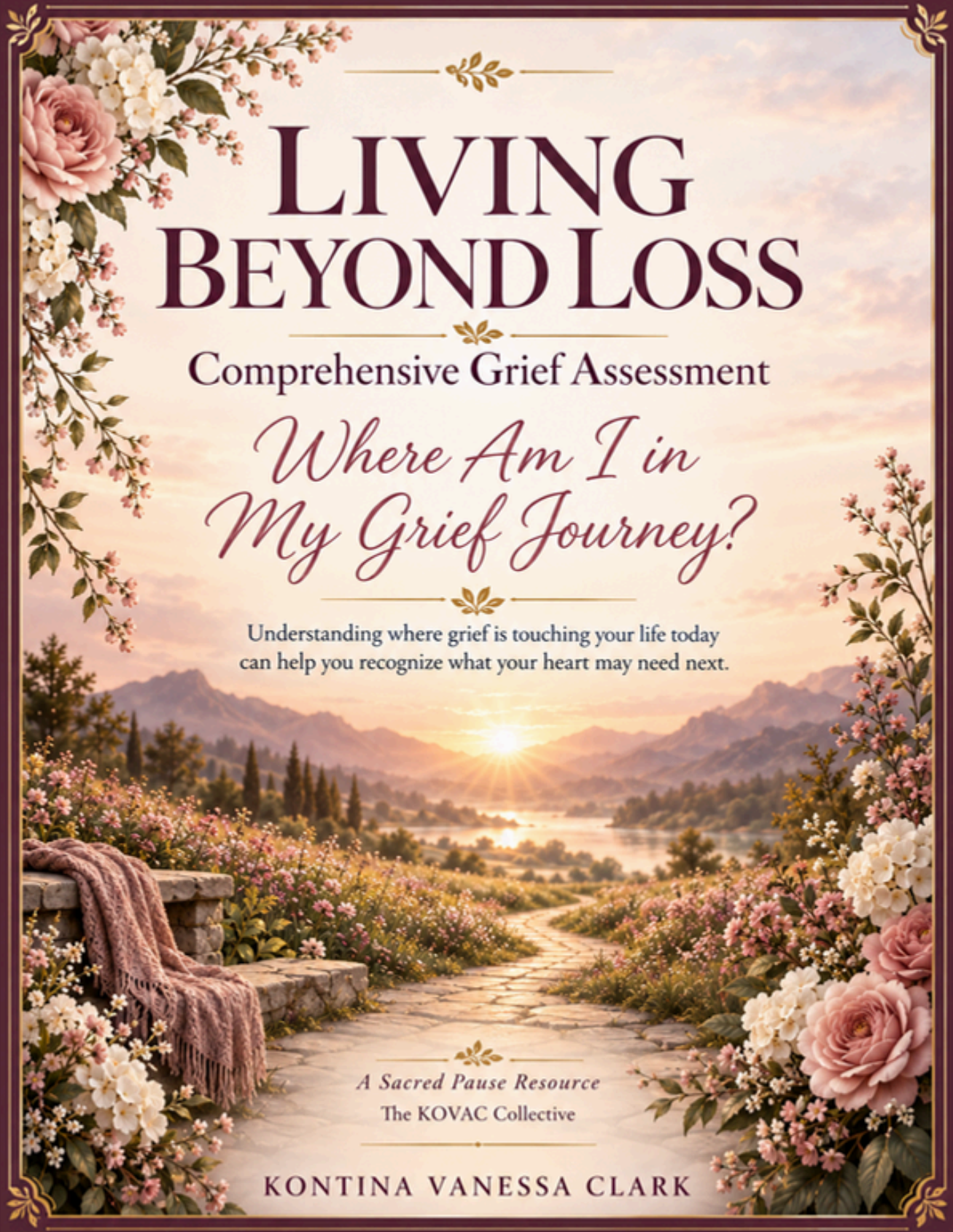




LIVING BEYOND LOSS

Comprehensive Grief Assessment

*Where Am I in
My Grief Journey?*

Understanding where grief is touching your life today
can help you recognize what your heart may need next.

A Sacred Pause Resource
The KOVAC Collective

KONTINA VANESSA CLARK

BEFORE YOU BEGIN

A Gentle Place to Tell the Truth

Grief does not follow a straight line, and healing does not happen according to a timetable.

You may feel strong in one area of your life and deeply affected in another. You may have days when you feel like yourself again, followed by days when the weight of your loss feels unexpectedly heavy.

Neither experience means you are doing grief incorrectly.

This assessment is an invitation to pause long enough to notice what grief is asking of you today.

There are no right or wrong answers. Answer according to your current experience—not how you think you should feel, how others expect you to feel, or where you believe you should be by now.

This resource is intended for personal reflection and spiritual support. It is not a clinical diagnostic tool and does not replace medical, mental-health, counseling, or crisis care.

Your Loss Story

1 What kind of loss brought you here today?

- | | |
|---|--|
| ☐ Death of a loved one | ☐ Loss of home, community, or stability |
| ☐ Miscarriage, stillbirth, or pregnancy loss | ☐ Loss of a role, identity, or season of life |
| ☐ Divorce, separation, or relationship loss | ☐ Death or loss of a beloved pet |
| ☐ Loss of health or physical ability | ☐ Multiple losses |
| ☐ Career, financial, or professional loss | ☐ Another loss: _____ |

2 Approximately how long ago did this loss occur?

3 How would you describe the circumstances?

- | | |
|--------------------------------------|--|
| ☐ Sudden | ☐ Unresolved or without clear closure |
| ☐ Anticipated | ☐ Part of several losses occurring close together |
| ☐ Traumatic | ☐ Other: _____ |
| ☐ Complicated | |

4 Is anything currently making your grief feel heavier?

- | | |
|--|---|
| ☐ Anniversary or significant date | ☐ Financial or work stress |
| ☐ Holiday | ☐ Another recent loss |
| ☐ Family transition | ☐ Unexpected reminder or trigger |
| ☐ Health concerns | ☐ I am not sure |
| ☐ Relationship changes | ☐ Other: _____ |

How to Respond

For Pages 3–7, rate each statement based on how often it describes your experience recently.

0 — Never | 1 — Rarely | 2 — Sometimes | 3 — Often | 4 — Almost Always

THE EMOTIONAL & MENTAL WEIGHT OF GRIEF

Take a Sacred Pause and Tell the Truth

Emotional Grief

Statement	0	1	2	3	4
I experience sadness that feels difficult to carry.	☐	☐	☐	☐	☐
Waves of emotion catch me off guard.	☐	☐	☐	☐	☐
I feel emotionally numb or disconnected.	☐	☐	☐	☐	☐
I experience anger or irritability connected to my loss.	☐	☐	☐	☐	☐
I carry guilt, regret, or thoughts about what I wish had been different.	☐	☐	☐	☐	☐
I experience intense longing for what or whom I lost.	☐	☐	☐	☐	☐
I feel fearful or anxious about life after this loss.	☐	☐	☐	☐	☐
My emotions sometimes feel bigger than my ability to manage them.	☐	☐	☐	☐	☐

Emotional Grief Total: ____ / 32

Mental & Cognitive Impact

Statement	0	1	2	3	4
I have difficulty concentrating.	☐	☐	☐	☐	☐
I feel more forgetful or mentally scattered than usual.	☐	☐	☐	☐	☐
Decisions that were once simple now feel difficult.	☐	☐	☐	☐	☐
I replay circumstances surrounding my loss or think about "what ifs."	☐	☐	☐	☐	☐
Part of me still struggles to fully accept what happened.	☐	☐	☐	☐	☐
My mind feels exhausted even when I have physically rested.	☐	☐	☐	☐	☐
Thoughts, images, memories, or reminders of my loss intrude unexpectedly.	☐	☐	☐	☐	☐
I criticize myself for how I am grieving or how long grief is lasting.	☐	☐	☐	☐	☐

Mental & Cognitive Total: ____ / 32

WHEN GRIEF TOUCHES *the Body & Everyday Life*

Grief is not only something we feel in our hearts; it is something we often carry in our bodies, our routines, and our daily responsibilities.

"He gives strength to the weary and increases the power of the weak."

ISAIAH 40:29

For each statement, select the option that best reflects your recent experience.

0 — Never 1 — Rarely 2 — Sometimes 3 — Often 4 — Almost Always



PHYSICAL IMPACT

Grief can show up in the body through changes in sleep, appetite, energy, and overall physical well-being.

Statement	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Almost Always (4)
1. My sleep has changed since my loss.	☐	☐	☐	☐	☐
2. I feel physically exhausted or drained.	☐	☐	☐	☐	☐
3. My appetite or eating habits have changed.	☐	☐	☐	☐	☐
4. I carry tension, heaviness, restlessness, or discomfort in my body.	☐	☐	☐	☐	☐
5. It is difficult for my body to fully relax.	☐	☐	☐	☐	☐
6. My energy level makes normal activities harder.	☐	☐	☐	☐	☐
7. I notice physical reactions when something reminds me of my loss.	☐	☐	☐	☐	☐
8. Caring for my physical needs sometimes feels like another task I cannot manage.	☐	☐	☐	☐	☐

Physical Impact Total: _____ / 32

New or concerning physical symptoms deserve medical attention. Grief can affect the body, but physical symptoms should not automatically be assumed to be caused by grief.



DAILY FUNCTIONING

Loss can affect our ability to manage everyday responsibilities, maintain routines, and engage in the activities we once enjoyed.

Statement	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Almost Always (4)
1. Everyday responsibilities require more effort than they used to.	☐	☐	☐	☐	☐
2. My productivity at work, school, home, or in ministry has changed.	☐	☐	☐	☐	☐
3. I struggle to maintain routines.	☐	☐	☐	☐	☐
4. Personal care sometimes feels difficult.	☐	☐	☐	☐	☐
5. Parenting, caregiving, or supporting others feels harder while I am grieving.	☐	☐	☐	☐	☐
6. I have withdrawn from activities I previously enjoyed.	☐	☐	☐	☐	☐
7. I sometimes feel as though I am functioning outwardly but barely holding things together internally.	☐	☐	☐	☐	☐
8. Some days my primary goal is simply getting through the day.	☐	☐	☐	☐	☐

Daily Functioning Total: _____ / 32

"Grace for today is enough."



*Rest
Still
Breathe
You're doing
your best.*

PEACE IN PROGRESS

*Small
Steps
Still
Count*

GRIEF, RELATIONSHIPS & SUPPORT

Loss can change more than your emotions. It can change friendships, family dynamics, communication, expectations, and your willingness to let people close.

Relationships & Social Support

	Statement	0	1	2	3	4
1.	I isolate myself because explaining how I feel is exhausting.	☐	☐	☐	☐	☐
2.	I feel misunderstood by people around me.	☐	☐	☐	☐	☐
3.	I feel pressure to be 'better,' 'strong,' or further along by now.	☐	☐	☐	☐	☐
4.	I have difficulty asking people for the support I need.	☐	☐	☐	☐	☐
5.	I worry that my grief is becoming a burden to others.	☐	☐	☐	☐	☐
6.	Some relationships have changed in painful ways since my loss.	☐	☐	☐	☐	☐
7.	Grief has created tension or conflict in some of my relationships.	☐	☐	☐	☐	☐
8.	I do not always feel that I have a safe person with whom I can be completely honest.	☐	☐	☐	☐	☐

Relationships & Support Total: ____ / 32

Something I Wish People Understood

Complete this sentence:

What I wish people understood about my grief is...

Who Feels Safe Right Now?

Someone I can call: _____

Someone who listens without trying to fix me: _____

Someone I can ask for practical help: _____

Someone who can support me spiritually: _____

You were never meant to carry grief alone.



FAITH & SPIRITUAL GRIEF

When Loss Reaches Your Faith

Grief can affect how you pray, worship, trust, hope, and understand God.
Struggling spiritually does not automatically mean that you have lost your faith.
Sometimes grief brings questions to the surface that pain will no longer allow us to avoid.

Faith & Spiritual Grief

	Statement	0	1	2	3	4
1.	I feel distant from God because of my loss.	☐	☐	☐	☐	☐
2.	Prayer has felt difficult or different during this season.	☐	☐	☐	☐	☐
3.	I have experienced anger, confusion, or disappointment toward God.	☐	☐	☐	☐	☐
4.	My loss has caused me to question things I once believed or understood.	☐	☐	☐	☐	☐
5.	Scripture, worship, church, or spiritual practices sometimes feel difficult to engage with.	☐	☐	☐	☐	☐
6.	I feel guilty for struggling spiritually while grieving.	☐	☐	☐	☐	☐
7.	I have felt pressure—from myself or others—to demonstrate more faith instead of acknowledging my pain.	☐	☐	☐	☐	☐
8.	I struggle to trust God with a future that now looks different from the one I expected.	☐	☐	☐	☐	☐

Faith & Spiritual Grief Total: ____ / 32

Sacred Reflection

What have you needed from God in this season that you have been afraid, angry, tired, or unsure how to ask for?

Faith does not require pretending that loss did not hurt.



God can handle honest grief.

IDENTITY, MEANING & THE FUTURE

Who Am I Now?

*Some losses do not only remove someone or something from our lives.
They change the life we thought we were going to have.*

Identity, Meaning & Future

	Statement	0	1	2	3	4
1.	I sometimes struggle to recognize who I am after this loss.	☐	☐	☐	☐	☐
2.	A role or identity that mattered deeply to me has changed.	☐	☐	☐	☐	☐
3.	The future I imagined no longer looks the same.	☐	☐	☐	☐	☐
4.	I experience guilt when I laugh, enjoy myself, celebrate, or feel happy.	☐	☐	☐	☐	☐
5.	I have difficulty imagining a meaningful future from where I am now.	☐	☐	☐	☐	☐
6.	My sense of purpose has been shaken by my loss.	☐	☐	☐	☐	☐
7.	Part of me fears that moving forward means leaving behind what or whom I lost.	☐	☐	☐	☐	☐
8.	I struggle to understand how this loss fits into the story of the life I am still living.	☐	☐	☐	☐	☐

Identity, Meaning & Future Total: ____ / 32

Hold This Truth

Moving forward is not the same as moving on.

Love can remain.

Memory can remain.

Significance can remain.

And you can still become.



Your future can still hold meaning.



UNDERSTANDING YOUR GRIEF PROFILE

What Might My Grief Need Right Now?

Your Numbers Are Not a Diagnosis

The section totals in this assessment are not clinical scores and should not be used to diagnose a grief or mental-health condition.

Instead, compare your sections with one another.

Where did you select *Often* or *Almost Always* most frequently?

That area may simply be saying:

"I need more care here."

	Area	Your Total
1.	Emotional Grief	____ / 32
2.	Mental & Cognitive Impact	____ / 32
3.	Physical Impact	____ / 32
4.	Daily Functioning	____ / 32
5.	Relationships & Support	____ / 32
6.	Faith & Spiritual Grief	____ / 32
7.	Identity, Meaning & Future	____ / 32

The area carrying the most weight right now: _____

The area where I feel the greatest capacity right now: _____

The area I want to care for more intentionally: _____

What Might My Grief Need Right Now?

- ☐ Permission to rest
- ☐ Someone who will listen without fixing me
- ☐ Professional grief counseling or therapy
- ☐ A grief-support group
- ☐ Pastoral or spiritual support
- ☐ Medical attention for physical concerns
- ☐ Practical assistance with responsibilities
- ☐ More consistent sleep and nourishment
- ☐ Time away from unnecessary demands

- ☐ Journaling or reflective writing
- ☐ Prayer without pressure to have the "right" words
- ☐ Movement or time outdoors
- ☐ A meaningful way to remember or honor my loss
- ☐ Permission to experience joy again
- ☐ Healthy boundaries with people who do not understand my grief
- ☐ Reconnection with people and activities that give my life meaning
- ☐ Something else: _____

My Next Gentle Step

One thing I can do the next seven days to care for myself is:

Care is not weakness. It is wisdom.



REFLECTION, SAFETY & GRACE

Take One More Sacred Pause

Reflection Questions

Pause gently and respond with honesty.

1. What emotion have I been experiencing most often lately?

2. What has been the hardest part of this season of grief?

3. What am I carrying that I need permission to put down—or surrender to God?

4. What has helped me survive the days I did not know how I would make it through?

5. What do I wish the people around me understood about what I am carrying?

6. What would extending grace to myself actually look like this week?

A Gentle Safety Check

Some grief requires more support than a reflective resource can provide.

Right now, are you experiencing any of the following?

- ☐ I feel unable to keep myself safe.
- ☐ I have thoughts about harming myself.
- ☐ I have thoughts that I do not want to be alive.
- ☐ I feel unable to care for my basic needs.
- ☐ My emotional distress feels unbearable or unmanageable.
- ☐ None of these describe my current experience.

If you selected any of the first five statements, please do not carry this alone. Reach out to a licensed mental-health professional or a trusted person who can stay with you and help you access support. In the United States, call or text 988 for the Suicide & Crisis Lifeline. If you are in immediate danger, call 911 or go to the nearest emergency department.

Today's Truth

Wherever I am in my grief journey,
God is with me here.

*"The Lord is near to those who
have a broken heart..."*

Psalm 34:18

Grace Note

You do not have to stop loving in order to keep living. You do not have to forget in order to heal. Healing may look less like getting over it and more like learning to carry love, memory, truth, and hope as you continue becoming.

Prayer

Father, You see every part of this grief—the pain I can explain and the parts I still do not have words for. Meet me where I am. Give me grace for the places that still hurt, courage to receive the support I need, and strength for the next step. In Jesus' name, Amen.

Be gentle with yourself. Healing is a journey, not a race.



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PROTECTING PURPOSE. HONORING THE VISION.

*Healing
is sacred
work.*
♡

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Your support helps keep resources like this available for those who need encouragement, healing, and hope.

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HEALING DEEPLY.
THINKING BIBLICALLY.
LIVING COURAGEOUSLY.

