



Naming the Loss

A gentle worksheet for acknowledging visible and invisible losses

Loss is not limited to death. We can grieve people, places, roles, identities, relationships, versions of ourselves, and futures we imagined. This worksheet invites you to gently name what has been lost, without rushing toward acceptance or resolution.

1. What feels lost right now?

You may name more than one loss. There is no right or wrong here.

2. What did this loss mean to you?

What did this person, role, place, or version of you represent?

3. How has this loss affected your life?

Consider emotional, physical, relational, or practical impacts.



4. What emotions show up when you think about this loss?

You may circle or add your own words.

Sadness Anger Relief Confusion Longing Numbness Guilt Fear

Other emotions:

5. What do you miss most?

6. What do you wish others understood about this loss?

7. One gentle truth you want to acknowledge today

This could be something like:

- This loss mattered.
- I'm allowed to grieve this.
- I don't need to rush my healing.

My truth today:

There is no timeline for grief. Naming a loss is not about moving on—it is about honoring what mattered and creating space for compassion.