

## February 2025 Worksheet:

### Love and Loss: Healing During Emotional Milestones A Reflective Worksheet for Navigating Grief

#### **1. Acknowledging Your Feelings:**

Milestones like anniversaries, birthdays, and holidays can bring a wave of emotions. Take a moment to reflect on how you feel about an upcoming emotional milestone.

- What milestone is approaching for you?

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- How do you feel about it? (e.g., sadness, longing, gratitude, anxiety, a mix of emotions?)

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#### 2. Honoring Your Loved One

Finding a way to honor your loved one during emotional milestones can be healing. Consider these options or create your own:

- Light a candle in their honor.
- Write them a letter.
- Share a story about them with a friend or family member.
- Do something they love.

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What is one way you'd like to honor them this time?

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### 3. Finding Comfort in Memories

Write about a cherished memory with your loved one that brings you comfort:

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### 4. Navigating Difficult Emotions

When grief feels overwhelming, having a plan can help.

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- What is one coping strategy that has helped you before?

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- Write 4 people you can reach out to for support:  
(Friend, therapist, grief group, etc.)

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## 6. Affirmation for Healing

Repeat this or create your own:

I allow myself to grieve and to love at the same time. My heart carries the love I shared, and I honor it in my own way.

## **Journal Prompts**

### **1) Reflecting on Love and Grief**

Love doesn't end when someone passes; it transforms. How has your love for your person continued beyond their physical presence? In what ways do you still feel connected to them?

### **2) Navigating Milestones with Grace**

Think about an upcoming emotional milestone (a birthday, anniversary, holiday, etc.). What emotions does it bring up for you? How can you honor both your grief and the love you still hold for them during this time?