

EXPECTED RESPONSES TO GRIEF

What I might be feeling is not wrong.



1. COMMON RESPONSES

Grief can show up in many ways. Check any you have experienced—or might be experiencing.

- ☐ **Sadness** – deep sorrow, tears, heartache
- ☐ **Shock** – feeling stunned or in disbelief
- ☐ **Numbness** – feeling detached or “on autopilot”
- ☐ **Anger** – irritation, frustration, upset
- ☐ **Guilt** – self-blame or “I should have” thoughts
- ☐ **Confusion** – trouble focusing or making sense
- ☐ **Fear** – worry about the future or what’s next
- ☐ **Relief** – feeling lighter or less pressure
- ☐ **Bargaining** – “If only...” or wishing things were different
- ☐ **Acceptance** – moments of peace and adjusting



4. WHAT HELPS ME FEEL A LITTLE MORE GROUNDED

List small things that bring comfort, calm, or connection.

- _____
- _____
- _____
- _____



Small things count.

There is no right way to get through this. 



2. WHAT SURPRISED ME ABOUT MY GRIEF

What has been unexpected, unfamiliar, or different than what you thought?



3. WHAT MAKES THIS HARDER RIGHT NOW

Check all that apply.

- ☐ Trouble sleeping or staying asleep
- ☐ Feeling lonely or disconnected
- ☐ Reminders or anniversaries
- ☐ Decision fatigue or concentration challenges
- ☐ Physical symptoms (tired, headaches, tight chest, etc.)
- ☐ Lack of support or misunderstood by others
- ☐ Other: _____



5. WHEN I MAY NEED EXTRA SUPPORT

Warning signs for me:

What are signs that I may be overwhelmed or need help?

Who can I reach out to?

List people or resources I can contact.

