



BroknOpen

NOT YOUR AVERAGE THERAPIST

My Grief Support Plan

A simple worksheet to help you notice what is happening and choose support that fits today.

Grief changes from day to day. You do not have to fix it all at once—you can respond one small step at a time.



1. Name What's Here

Check the feelings that fit right now. You can pick more than one.

- | | |
|-----------------------------------|-------------------------------------|
| ☐ Sadness | ☐ Relief |
| ☐ Anger | ☐ Loneliness |
| ☐ Guilt | ☐ Overwhelm |
| ☐ Numbness | ☐ Disbelief |
| ☐ Anxiety | ☐ Longing |



Other words I would use today:



2. What Is Triggering Me?



What happened or what am I noticing?



What memory, place, date, or thought may be connected to it?



How intense does it feel right now? 1 2 3 4 5



What do I need most in this moment?



3. How Grief Shows Up in My Body

Check what you are noticing right now.

- | | |
|--------------------------------------|---|
| ☐ Tight chest | ☐ Tears |
| ☐ Fatigue | ☐ Racing heart |
| ☐ Headache | ☐ Trouble sleeping |
| ☐ Nausea | ☐ Brain fog |
| ☐ Tension | ☐ Low appetite |



What I notice most in my body today:



4. My Support Plan for Today

Choose small supports that feel realistic and kind.



Emotional

What could help me emotionally?



Body Care

What could help my body settle?



Connection

Who or what can help me feel less alone?



Grounding

What can help me feel present right now?



5. One Gentle Next Step

Choose one small step you can take.



One kind thing I can do for myself today:



One person I can reach out to if I need support:



One way I can honor what I miss or what changed:



Reminder: coping is not about doing grief perfectly. It is about giving yourself support while you carry it.

Educational and reflective resource only. Not therapy, diagnosis, or crisis care.

BROKNOPEN | NOT YOUR AVERAGE THERAPIST