



BroknOpen
NOT YOUR AVERAGE THERAPIST

GRIEF WORKBOOK

*Understanding Loss. Surviving the Hard Days.
Learning How to Carry What Changed.*

REAL TALK. REAL TOOLS. REAL HEALING.

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Before You Start

This workbook is for education, reflection, and support. It is not therapy, a diagnosis, or a replacement for care from a qualified mental health or medical professional.

PERMISSION SLIP

You are allowed to skip a page. Stop halfway through. Cry. Feel nothing. Come back later. Write one sentence or ten pages. There is no correct way to use a grief workbook because there is no correct way to grieve.

If something here feels too activating, pause and do something grounding or supportive before continuing. If you are concerned about your safety or ability to function, reach out to a qualified professional or emergency support in your area.



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UNDERSTANDING GRIEF

What Grief Actually Is

Grief is the natural response to losing someone or something meaningful.

It can follow death, breakup, infertility, illness, job loss, friendship shifts, identity change, or a future that no longer feels possible.

Grief can affect every part of you—your emotions, thoughts, body, behavior, and relationships. There is no right way to grieve, and your experience is valid exactly as it is.



Emotions

Grief can bring sadness, anger, numbness, fear, relief, or longing.



Thoughts

Concentration, meaning-making, and memory can shift.



Body

Fatigue, tension, appetite changes, sleep changes, and heaviness can happen.



Behavior

You may withdraw, stay busy, cry more, or feel unlike yourself.



♥ You are not broken. You are grieving. And that is human. ♥





UNDERSTANDING GRIEF

THE FIVE STAGES OF GRIEF

They are experiences — not instructions.

Grief can show up in different ways and in different orders. These five stages are a common framework that can help you make sense of what you're feeling.

1



Denial

shock, disbelief, numbness, difficulty taking in the reality of the loss.

2



Anger

frustration, resentment, or anger directed at yourself, others, life, or circumstances.

3



Bargaining

"if only" thoughts, replaying possibilities, or mentally trying to undo what happened.

4



Depression / Deep Sadness

heavy sadness, low energy, loneliness, or the weight of what has changed.

5



Acceptance

beginning to live with what has changed; this does not mean liking it or being over it.



Hard truth: grief does not move in a straight line. You may revisit stages, experience several at once, or not relate to some of them at all.



Which stage or experience feels most familiar to me right now?



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UNDERSTANDING GRIEF

Grief Is More Than Death



Many kinds of loss deserve to be named.

Grief can follow any meaningful loss—not only death. When our world changes in a way that feels painful or disorienting, our hearts need time, space, and compassion to adjust. It's common to minimize our own pain when it doesn't "look like" traditional grief. Your experience is valid.



Death of a Loved One

The loss of someone who meant the world to you.



Pet Loss

The loss of a beloved animal companion.



Breakup or Divorce

The end of a romantic partnership or marriage.



Infertility or Pregnancy Loss

The loss of a hoped-for pregnancy or child.



Illness or Disability

The loss of health, ability, or independence.



Friendship Loss

The loss of a close friend or connection.



Job Loss

The loss of employment, role, or career path.



Move or Home Loss

The loss of a home, place, or community.



Identity Shift

The loss of who you thought you were.



A Future That No Longer Feels Possible

The loss of dreams, plans, or possibilities.



♥ Which losses have shaped you most?



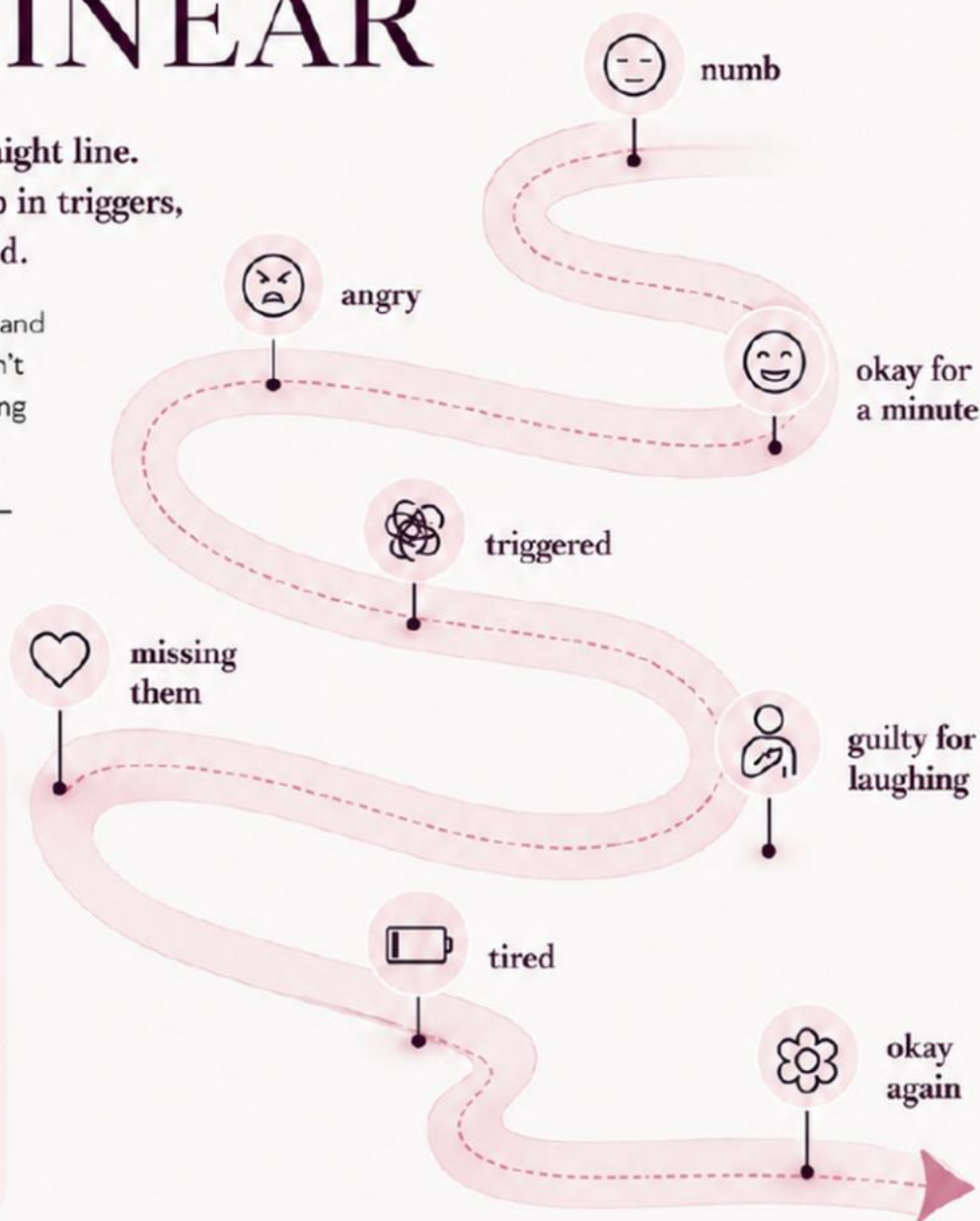
UNDERSTANDING GRIEF

GRIEF IS NOT LINEAR

**Grief doesn't move in a straight line.
It comes in waves, shows up in triggers,
and often loops back around.**

You might feel okay one moment and overwhelmed the next. That doesn't mean you're doing it wrong or going backward. It means you're human.

There is no "right" order to grief — only your way through it.



“

*Grief changes.
It revisits.
It surprises you.
It makes room
and then takes up
the whole damn
room again.*



What part of grief feels most familiar to me right now?



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UNDERSTANDING GRIEF

The Ball of Grief

Why grief can feel tangled and contradictory.

Grief isn't one feeling—it's many emotions all wrapped together. They can show up at the same time, change by the hour, or surprise you when you least expect it.

You might feel relief and guilt, love and anger, hope and despair—often all in the same day. That doesn't mean something is wrong with you. It means you're human.

Grief rarely moves in a straight line. It loops, knots, and circles back. There is no right order and no perfect way to feel.



Circle or write the feelings showing up most for you today.



My Grief Brain Today

I am having trouble focusing on...

I keep forgetting...

I am avoiding decisions about...

The thought my mind keeps returning to is...

One thing I can simplify today is...



What Triggers My Grief?

- | | |
|--|---|
| ☐ dates / anniversaries | ☐ songs |
| ☐ smells | ☐ places |
| ☐ photos | ☐ social media |
| ☐ other people's milestones | ☐ holidays |
| ☐ silence | ☐ routines |
| ☐ objects | ☐ dreams |
| ☐ medical settings | ☐ unexpected reminders |
| ☐ other | |

A trigger that surprised me recently:



THIS IS ONLY THE BEGINNING

Want to Go Deeper?

This preview gives you a starting point for understanding how grief can show up in your mind, body, emotions, and everyday life.

The full BroknOpen Grief Workbook goes further with education, reflection tools, visual exercises, coping support, grief triggers, guilt, secondary losses, meaning-making, rebuilding, and learning how to carry what changed.

BROKNOPEN GRIEF RESOURCES

Real talk. Real tools. Real healing.

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

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