



BroknOpen



My Stages of Grief

A reflection worksheet



Grief is personal and doesn't always move in a straight line. Use this worksheet to reflect on how different stages may show up in your thoughts, feelings, and experiences.



You may move through these stages in any order, revisit them, or feel more than one at once.

1



Denial

What felt hard to believe or accept?

2



Anger

What frustrations, hurt, or anger have come up?

3



Bargaining

What "if only" thoughts or what-ifs do you notice?

4



Depression /
Sadness

What feels heavy, empty, or especially painful right now?

5



Acceptance

What am I beginning to understand, allow, or carry differently?



Reminder: The stages of grief are not a checklist.
Your experience is your own.

