

*Giving Space to
my Grief*



Acknowledging the Loss

- Describe the loss you've experienced. What emotions does this bring up for you right now?
- If your grief could speak, what would it say? Write it out like a letter or a conversation .
- What feels the hardest to accept about this loss?

Activity

Write down a symbol, word, or phrase that captures your grief.

Honoring the Past

- What memories of this experience bring you comfort?
- Write about a moment of gratitude connected to what you lost.

Activity

Draw a “Memory Tree”

On the branches, write words, phrases, or draw images representing moments, qualities, or lessons connected to your loss

Sitting with Change

- What is one thing that feels different about your life since this loss?
- When you think about rebuilding, what scares you? What excites you?
- Write about a time you felt strong in the face of change? What helped you in that moment?

Discovering light again

- What brings you a small joy right now?
- If your grief were lighter today, how might your day look different?

Activity

Write a “Permission Slip” to yourself:

“ I give myself permission to feel _____ . to explore _____ , and to embrace _____ ” .

It's important to emphasize that healing isn't a straight path- it's natural to experience ups and downs along the way. Remember to practice self-compassion and be gentle with yourself as you navigate your grief.

The Journey Forward

- Imagine six months from now-what does healing look like for you?
- If you could speak to yourself in this moment from a place of healing, what advice would you give?
- What does rebuilding mean to you in this season of life?

Activity

Create a “Vision Page” .

Using words, symbols, or drawings , represent what rebuilding your life might look like. Include feelings, goals, and values that will guide you forward.

Affirmation

“ I honor my grief and loss, and I trust in my
ability to rebuild and
rediscover joy in my life.”

