

Moving Forward From Grief

While your life is forever changed following the death of a loved one, it is possible to move forward (Samuel, 2019).

Use this worksheet to consider what you would like your life to look like on the other side of grief.

Step one: reflect on the following statements:

- My grief is my own and unique to me.
- It will be possible to find meaning again in my life.
- Other people have been able to move on with their life and so will I.
- I will need to work hard towards creating my new life.
- While it will take time, it will be possible for me to find happiness in a different way.

Step two: now, think about the following question for a few minutes and write down your thoughts in the box provided below:

What would you like your life to look like on the other side of grief?

Capture all your thoughts, even just possibilities.

Completing this exercise will help you move on with your life by deciding what you want and what the future may look like.

References ■ Samuel, J. (2019). *Grief works: Stories of life, Death, and surviving*. New York: Scribner.