

## Coping with Loss Worksheet

Grief and loss are a natural part of the human journey. However, very few of us are explicitly taught us how to grieve and let go in a healthy way. If you had the benefit of role models who were self-aware and had the time and space to grieve their losses, big and small, you will likely be better at managing loss and moving through the natural process of letting go. If you did not have this role-modelling, and/or there was some interruption or disruption during a grieving process for you, you may find grief and loss a very difficult area to navigate.

To begin learning more about normal grief and complicated grief, there are two videos that would be helpful to review.

Please write down your thoughts, notes, and questions as you watch each video.

**How Grief Affects Your Brain and What to Do About It:**

<https://youtu.be/eEcaUhxAH2g>

**Thoughts/Notes:**

**Questions:**

This is Complicated Grief: <https://youtu.be/IK99oRzzY04>

Thoughts/Notes:

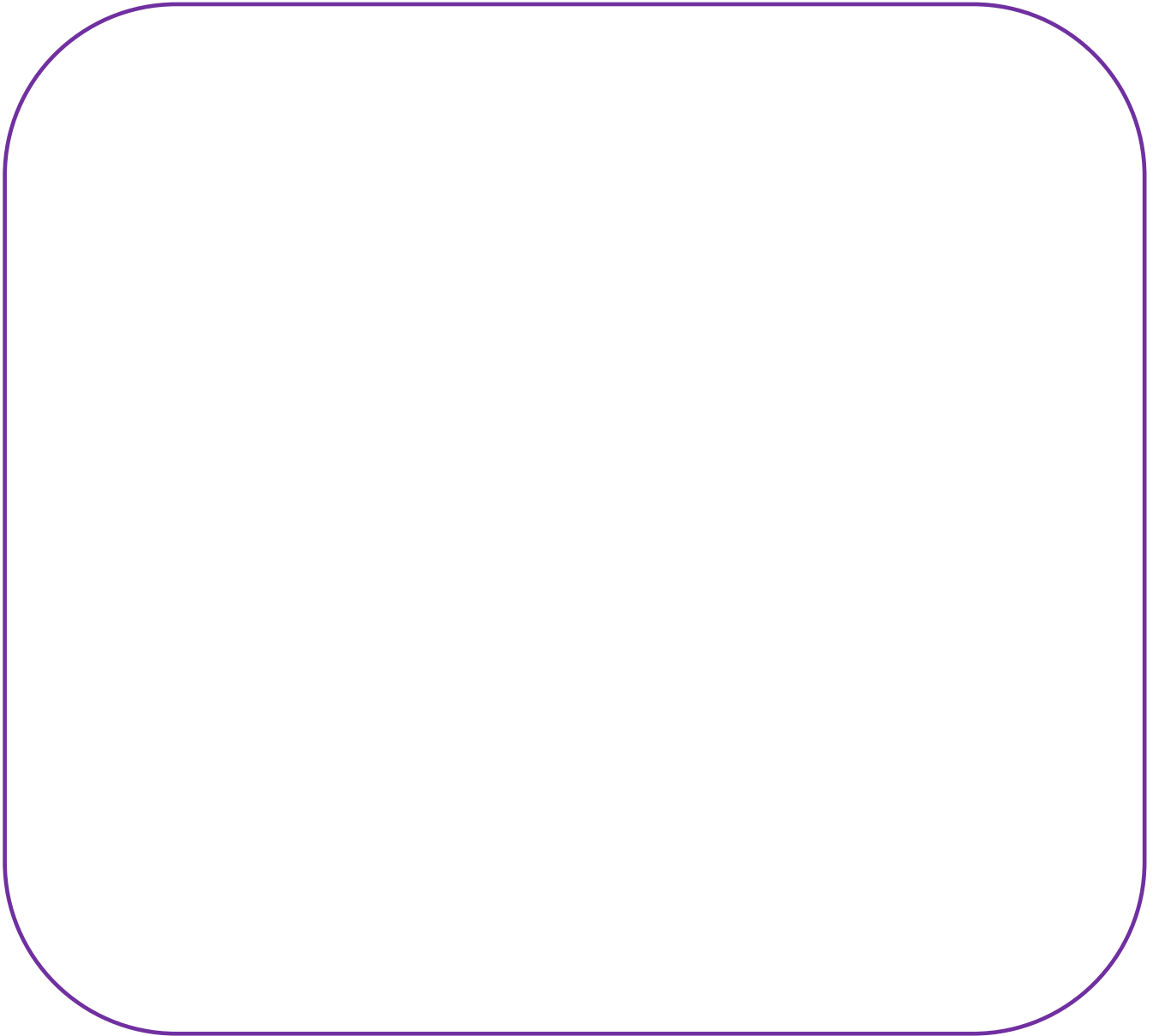
Questions

1. List some losses in your life that have impacted you significantly.

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2. Select 1-2 from the list that still feel unresolved for you.

### 3. Journalling



To move more fully through my grief, I will need to:

