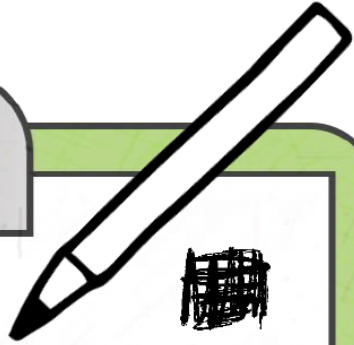


# My Grief Plan



Use this worksheet to identify helpful ways of coping with feelings of grief and loss.



**When I feel sad, I can do these things to cope:**

**I can talk to these people to feel better :**

**I can think these thoughts:**

**How I plan to take care of myself:**

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Wrap my arms all over you and tell you how much I love you



Spend the day with you hiking up John's Mountain and Camp I



I did not get to say good bye and attend your funeral. I wish I was there before you died

Not being there for you when you died.

You must have been very sad and sore



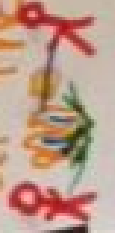
Will ALWAYS have you in my



The time we roasted all those

yummy

marshmallows at the camp fire



The time you spent with me when I lost Jessica and when you helped me look for her

You teaching me how to play guitar & being so patient with me.



Being kind to my family and helping Grandma when she is not feeling well.

# Grief Sentence Completion

Right now, I feel... \_\_\_\_\_

\_\_\_\_\_

I feel the saddest when... \_\_\_\_\_

\_\_\_\_\_

The thing I miss the most about the person who I lost is... \_\_\_\_\_

\_\_\_\_\_

Since the loss, things have been different because... \_\_\_\_\_

\_\_\_\_\_

My family usually feels... \_\_\_\_\_

\_\_\_\_\_

If I could ask the person I lost one thing, I would ask... \_\_\_\_\_

\_\_\_\_\_

My worst memory is... \_\_\_\_\_

\_\_\_\_\_

Something I liked about the person who I lost was... \_\_\_\_\_

\_\_\_\_\_

One thing I learned from the person who I lost is... \_\_\_\_\_

\_\_\_\_\_

