UNDERSTANDING MY GRIEF

Free write your responses. Take your time and allow yourself to feel however you'd like to feel as	you write
O I am having the hardest time adjusting to	
2) I feel most triggered when I	
3) What happens when I feel triggered?	
4) Who and/or what is providing support during this time?	
5) When I think about the one I lost I immediately feel	
b) I express my emotions by	
to a capross my emoners by	
7) I give myself permission to process what I am feeling by	
8) What strengths do I have from previous experiences that can help me during this time?	
9 During this process I have learned that	

Grief And Loss Activity Sheets

RJ Alexander

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