Grief Needs and Support

Notice what you need and make one manageable request for support. You do not need to describe the loss in detail.

Educational reflection | Self-guided or with a counselor

Grief can include sadness, anger, numbness, relief, or mixed feelings. There is no required order or deadline for these feelings. Skip any prompt that does not fit. Write by hand, or type and save a copy.

1. Notice this moment

Use a few words, or leave this blank.

What feels hardest today?

What would make today a little more manageable?

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2. Choose one need

Circle one area: food or rest / company / quiet / practical help / remembering / professional support / something else.

One small way to care for this need:

When could I try it? What might need to change?

3. Ask for specific support

You can ask for company without explaining your feelings. Example: Could you bring a meal on Tuesday? I do not want to talk much, but company would help.

Person, group, or service I could contact:

My request:

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If that support is unavailable, another option:

4. Leave room for choice

Remembering, taking a break, or doing an ordinary task can each have a place. You do not have to force a meaningful moment.

One thing I want to make room for:

One expectation I can loosen today:

If grief is making daily life increasingly difficult, or you would like help, contact a qualified clinician. You do not need to wait for a particular amount of time to ask. This page does not diagnose or treat prolonged grief disorder.