

GRIEF Self-Assessment Worksheet

Where Am I on My GRIEF Journey?

(There is no right or wrong place to be. This worksheet is not a test—it is a mirror.)

Before You Begin

GRIEF is not linear. You may recognize yourself in more than one section. You may move back and forth between stages. This worksheet is meant to help you notice, not judge.

Take a breath. Answer honestly. No one else has to see this.

1. DENIAL / SHOCK — “This can’t be real.”

_____ I feel numb or disconnected from what happened

_____ I keep expecting things to go back to normal

_____ I’m functioning, but it feels automatic or unreal

_____ I avoid thinking or talking about the loss

_____ I feel frozen or emotionally distant

Reflection: What feels hardest to accept right now?

2. ANGER — “This shouldn’t have happened.”

_____ I feel irritated, resentful, or easily triggered

_____ I feel angry at God, others, myself, or the situation

_____ I feel frustrated by what people say or don’t say

_____ I feel rage under the surface that scares me

_____ I feel angry that life feels unfair

Reflection: Who or what am I most angry with right now?

3. BARGAINING — “If only...”

_____ I replay scenarios of what could have been different

_____ I find myself thinking “If I had just...”

_____ I make promises to God or myself to undo the pain

_____ I search for meaning as a way to control the hurt

_____ I feel guilt tied to the loss

Reflection: What do I keep wishing I could change?

4. DEPRESSION / DEEP SADNESS — “I don’t know how to carry this.”

_____ I feel exhausted emotionally or physically

_____ I struggle with motivation or interest in things

_____ I feel heavy, hopeless, or withdrawn

_____ I cry easily—or feel unable to cry at all

_____ I feel alone, even around others

Reflection: What feels heaviest in my body or heart today?

5. ACCEPTANCE (Not Peace—Presence) — “This is part of my story now.”

_____ I can acknowledge the loss without panic

_____ I still feel pain, but it doesn’t control every moment

_____ I am learning how to live with GRIEF, not erase it

_____ I allow both sadness and moments of relief

_____ I'm finding small ways to move forward

Reflection: What helps me feel slightly more grounded lately?

6. WHERE I AM RIGHT NOW

_____ I feel stuck

_____ I feel overwhelmed

_____ I feel confused

_____ I feel tired of being “strong”

_____ I feel cautiously hopeful

_____ I don't know where I am—and that scares me

Reflection: If my GRIEF could speak today, what would it say?

A Call to Grace and Patience

GRIEF does not mean I am weak.

GRIEF does not mean I lack faith.

GRIEF does not mean I am failing.

I am allowed to be where I am.

I am allowed to take my time.

I am allowed to need support.

Healing is not a race.

GRIEF is not something to “get over.”

It is something to learn to carry—with compassion.

Next Gentle Step

_____ Sit quietly for 2 minutes and breathe

_____ Write one sentence about how I really feel

_____ Reach out to someone safe

_____ Rest without guilt

GRIEF in Action™ by GRIEF Talk™