

## 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?

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#### 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?

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### 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?

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### 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- I feel heavy, hopeless, or withdrawn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?

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### 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?

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## 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?

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## 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