

A GRIEF in Action Journaling Exercise

Loss of Identity, Role, or Purpose

Some losses do not only take something from us — they change who we understand ourselves to be. When a role ends, a calling shifts, or an identity collapses, the resulting GRIEF can feel disorienting and difficult to explain.

This exercise invites you to name how loss may have altered your sense of self, purpose, or direction. You are not required to resolve anything here. Awareness is enough.

Begin here:

Before this loss or transition, I understood myself as:

After what happened, I began to see myself as:

What Was Lost — and What Remains

Identity shifts often involve both loss and survival. The questions below help distinguish what changed from what endured.

What role, identity, or sense of purpose feels most absent right now?

What part of me remained, even after everything changed?

If I could speak to the version of myself before the loss, what would I want them to know now?

You are more than the role you lost. Your worth did not disappear with the identity that changed.

If this exercise revealed something meaningful, deeper restoration is possible.

Continue your journey with the Invisible GRIEF Mini-Ebook and other GRIEF in Action tools at www.griefxtalk.com.