



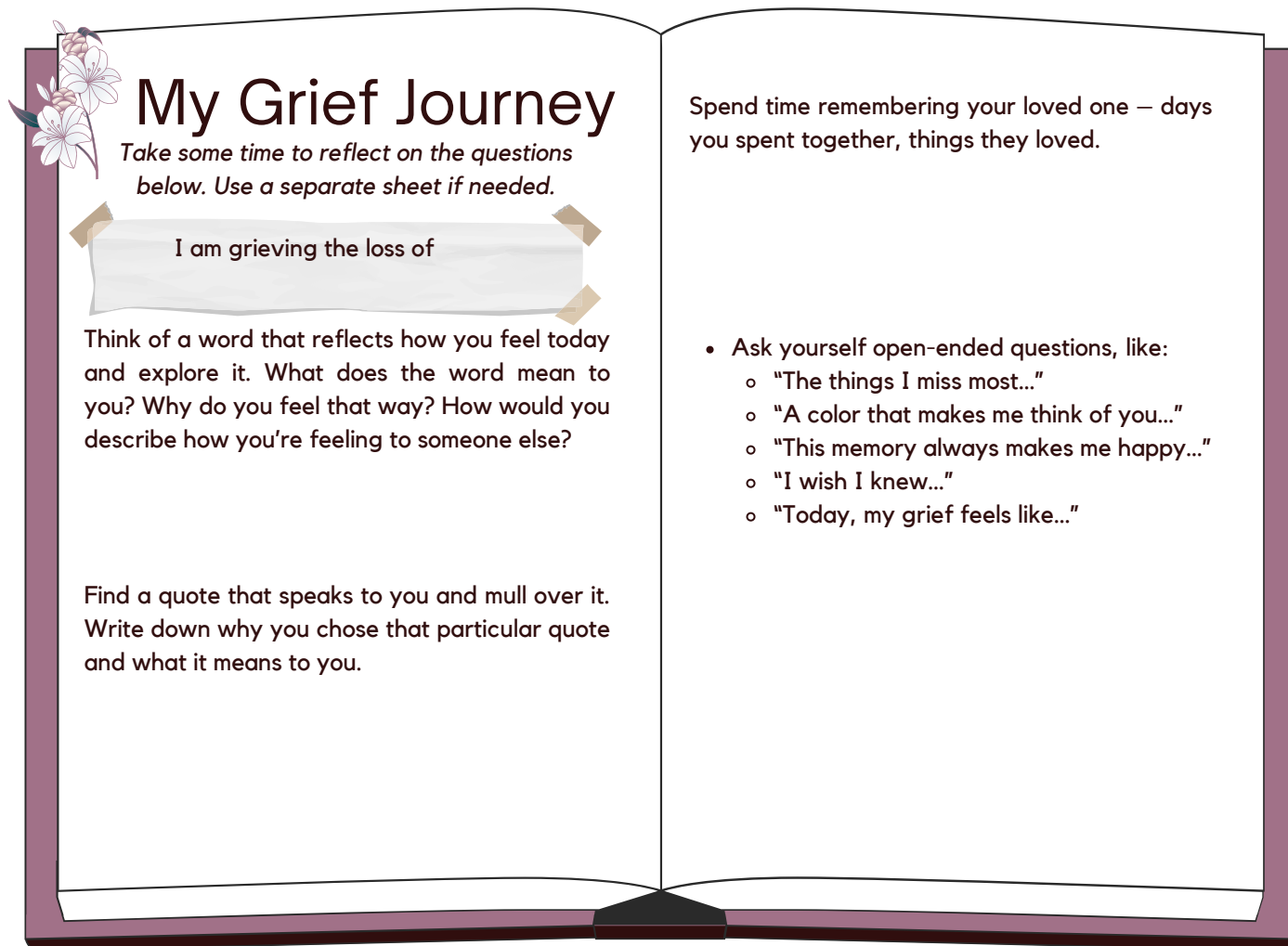
- 1- Shock and Denial Stage
- 2- Pain and Guilt Stage
- 3- Anger and Bargaining Stage
- 4- Depression, Reflection, and Loneliness Stage
- 5- The Upward Turn Stage
- 6- The Reconstruction Stage (Working Through Grief)
- 7- Acceptance and Hope Stage

Ways I'm Coping

Today, I've been feeling:

- | | |
|-----------------|----------------------------|
| ♥ Sadness | ♥ Change in Appetite |
| ♥ Numbness | ♥ Difficulty Concentrating |
| ♥ Confusion | ♥ Difficulty Sleeping |
| ♥ Regret | ♥ Social Withdrawal |
| ♥ Relief | ♥ Reckless Behaviour |
| ♥ Anger | ♥ Racing Thoughts |
| ♥ Moodiness | ♥ Fear Of Death |
| ♥ Physical Pain | ♥ Loneliness |

What things can I do to address the feelings I have noticed today?



Having a support system is important in helping us deal with our loss and grief. Who are the people I can honestly talk to and why?

What things did I do today to help myself deal with my feelings?

♡ Pray	♡ Talk to a friend/loved one
♡ Go for a walk	♡ Listen to uplifting music
♡ Play with the dog/cat	♡ Other:

This simple journal is meant to provide an outlet for managing the feelings and emotions experience in the loss of a loved one only. Should your feelings become difficult to deal with, it is recommended to seek out the expert guidance of a professionally trained grief counsellor.