

My Grief Journey

One Day at a Time



Guidance and support through your journey, including a journal with prompts for your thoughts, self-care pages, and much more.

DI GODDARD

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Dedication



This book is dedicated to the short, but brilliant and fun life of my beautiful eldest daughter Liana, who left aged 22 in 2015 after 5yrs of multi-organ failure. Your life was short but flipping funny/mad/naughty!

To my ever-present Dad, who left without notice in 2017 aged 71, who had shown me enough love to last the rest of my lifetime. Miss you Papa...

And, of course, to my darling husband Jason, who left aged 54 in May 2024, having only stopped treatment for stage 4 Lymphoma the morning he died. So determined was he that he was not leaving me alone. His death was beautiful, and everything we needed to say had been said.

He hasn't really left, I feel his presence close by me still. In those last few days together, we decided not to be in love until 'death us do part', but for eternity, with me here, and him... just over there.

Because of you all, I am more able to understand the precious life here, that nothing is taken for granted, that I cry harder and laugh louder. Somehow, while I am here I will now make it my purpose to show others what you showed me x

You can download some free relaxation audios here:



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Welcome

Dealing with the death of a loved one is one of the biggest challenges one can face in life. Whether the loss of your loved one was unexpected or you've known about it for a long time, grief affects everyone in different ways.

This book offers you some guidance, while giving you plenty of space to grieve in your own way and explore what you are feeling. Writing about your feelings after a loss keeps you connected to yourself and your memories.

One of the biggest fears after the death of someone special is that these memories will leave us. While grief isn't something you fully "recover" from, you can take steps forward towards a new life by rediscovering joy after a loss.

What is a grief journal? It's a journal where you're free to write exactly what you're feeling. You can share memories, feelings, anger, or just daily ramblings. As long as you're writing, you're getting those emotions on the page.

The journalling section of this book will help you explore your emotions as you travel on your grief journey, say things that were left unsaid, connect with your loved one's spirit and find healing through writing.

I hope with all my heart, you find some peace in these pages.

A handwritten signature in black ink that reads "xo Di". The "xo" is written in a simple, cursive style, and "Di" is written in a more stylized, flowing script.

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"Death is Nothing at All"

by Henry Scott Holland

Death is nothing at all. It does not count. I have only slipped away into the next room. Nothing has happened.

Everything remains exactly as it was. I am I, and you are you, and the old life that we lived so fondly together is untouched, unchanged. Whatever we were to each other, that we are still.

Call me by the old familiar name. Speak of me in the easy way which you always used. Put no difference into your tone. Wear no forced air of solemnity or sorrow.

Laugh as we always laughed at the little jokes that we enjoyed together. Play, smile, think of me, pray for me. Let my name be ever the household word that it always was. Let it be spoken without an effort, without the ghost of a shadow upon it.

Life means all that it ever meant. It is the same as it ever was. There is absolute and unbroken continuity. What is this death but a negligible accident?

Why should I be out of mind because I am out of sight? I am but waiting for you, for an interval, somewhere very near, just round the corner.

All is well.





From the Author

I'm a Solutions Focused Hypnotherapist who has a huge personal experience with grief and its effects. I have always been interested in people and how their thoughts and experiences affect them.

My own experiences of grief started, as for many, when I was very young and I felt close loss around me, often from older generations but sometimes not so old.

The traumatic loss of a dear Uncle when I was seven, he was stabbed to death abroad, and watching from a young age the pain on my family's faces... My Mum, who had lost a beloved brother, my Granny her son. The pain that followed and my own fear of trying to understand that he was gone... forever gone!

Other losses in my early years - possibly more expected, grand-parents, great uncles or aunts. Also as I entered into my teens a friend in a car accident and another from cancer. All creating a growling pain inside, a question of why is there pain in this way for all?

It is often at these times we witness our parents grieve and see them so fragile, that is a powerful emotion to fear.

My 'biggest' personal loss was in 2015, when my eldest daughter Liana passed away aged 22, after fighting multi-organ failure for 4.5yrs. The journey for her and us was harrowing, the constant pain and ill-health, the inevitability of what would come in an untimely manner for her, although she was ultimately at peace with that, I wasn't.

The decision to switch her life-support off was harrowing, as was the loss we felt. People always say there is no way to explain the grief, that it is so unnatural for a parent to lose their child, yet it still happens.

I sat in a bubble of disbelief, of indescribable pain, of utter chaos, as my life seemed to unravel right there and then in that moment.

It is true that you forget, or block out many things, but never the most painful things. I don't remember who attended her funeral, but I remember the hollow pain digging deep inside every muscle, nerve and fibre of my being as I hoped it wasn't true..

I just had to try and remember to breathe, even that seemed hard.

I had a great understanding of grief and I also felt that the pain she had experienced in those years, that there was an element of 'relief' that she would no longer have to experience that. Then I would get cross with that feeling too!

One of the last things I said to her, although she was on life-support was 'I will take this new pain, so that you don't have to, so leave when you are ready, I can do this'...

I was not trying to sound heroic. I truly meant it... If the last gift I could give her was to let her be free, then as her mother, it was my duty wasn't it?

As I think about what to write next, I guess it is that as I sit here now 8yrs after her passing, I still have not worked out how I live the rest of my life without her, but I do know that I will.

I am quite honestly the happiest I have ever been in my life, and I used to be so scared to say that out loud.

Did it mean I didn't miss her? No!

Did it mean I was okay with her death? No!

What I do think is that it means I have found acceptance. Maybe not every day, some days I want to scream out loud, but those days of aggressive pain become a little less... sometimes...

Of course, every loss is painful, some for different reasons for different people. There is no right or wrong way to grieve, it is a very personal thing.

Someone once said to me 'I can only imagine losing a child would feel like losing my dog' (that person didn't have children) but to them that was their worst imaginable pain, and that is okay...

The world still turns. At first you are not aware it is still turning as it all seems to be in slow motion, but it still turns.

People still go about their daily lives, even though you are in unimaginable grief for *your* loss. That's okay too. Every moment of every day someone is passing and we don't all stop to mourn, we get on with our lives too!

Fourteen months after her death, Lianas best-friend was killed suddenly in a ski-ing accident. It all came rushing back as I felt the rawness of her beautiful family grieving and wishing I could stop their pain. How was this even possible that our girls were now both in Heaven?

The year after another blow, when my darling Dad was found passed away suddenly at his home aged 71, isn't that young nowadays?

I don't think I started to the grief process for him, too scared to open the grief box for fear of what may pop out, the impact it may have after yet another low blow by life, or rather death.

It can all seem a little personal you know. I am not a particularly religious person, whilst very spiritual, I started to question so much in these years... Was one person meant to experience this much grief?

And then Jason, my darling husband who passed away this year after a huge battle for 2yrs with stage 4 Lymphoma. He now makes me realise I have work to do to help others in this grief arena. I can sit and feel it is coming round again and again, and again... Or, I can stand up and show you the way forward...

Because I look around and I see it's not just me...

And, it's not just you...

I promise you... Every single person will experience grief at some point in their life. I hope not too much of it, but we all will.

Death is a part of life. It is part that we often don't like to talk about, we often fear it, mainly because it is the one thing that is not in our control, and we feel the need to control so much! We must try and be more open to speak of this death we all face and this grief we all feel, mustn't we?

I know the poem on the next page was extremely helpful in my time of most need... Grieve well if you can, if not, just take one breath and focus on the next, one minute at a time, one day at a time... You get the gist?

I Will Lend You A Child

I will lend you, for a little time,
A child of mine, He said.
For you to love the while she lives,
And mourn for when she's dead.
It may be six or seven years,
Or twenty-two or three.
But will you, till I call her back,
Take care of her for Me?
She'll bring her charms to gladden you,
And should her stay be brief.
You'll have her lovely memories,
As solace for your grief.
I cannot promise she will stay,
Since all from earth return.
But there are lessons taught down there,
I want this child to learn.
I've looked the wide world over,
In search for teachers true.
And from the throngs that crowd life's lanes,
I have selected you.
Now will you give her all your love,
Nor think the labour vain.
Nor hate me when I come
To take her home again?
I fancied that I heard them say,
'Dear Lord, Thy will be done!'
For all the joys Thy child shall bring,
The risk of grief we'll run.
We'll shelter her with tenderness,
We'll love her while we may,
And for the happiness we've known,
Forever grateful stay.
But should the angels call for her,
Much sooner than we've planned.
We'll brave the bitter grief that comes,
And try to understand.

How to use the journal section...

Journaling can seem intimidating when you are faced with a blank page. There is also the risk that writing without direction can trap you in a cycle of rumination, though this is not always the case.

This journal style offers you some guidance, while giving you plenty of space to grieve in your own way and explore what you are feeling. Some examples of prompts you will find in this journal are below:

- Today, I miss...
- When I feel upset, I can call...
- Today, I remembered...
- This experience has taught me...
- If I could say something to you, I would say...
- What feelings am I looking forward to? What feelings do I want to leave behind?
- Write a list of activities that you can engage in to make yourself feel better.
- Do I feel comfortable asking for help?
- Who is in my support system?
- Make a list of ways you feel taken care of both by yourself and by others.
- What's a positive memory I have of this person or situation?
- Make a list of a few different ways you can honour your loved one or your loss.

Contents

What are the stages of grief	1
- Denial	3
- Anger	5
- Bargaining	7
- Depression	9
- Acceptance	11
A Personal Fear Of Death	13
Navigating Relationships	15
Where To Find Support	17
Self-care Starts Here	19
Notes To My Loved One	95

The Serenity Prayer



God grant me the **SERENITY** to accept the things I cannot change; **COURAGE** to change the things I can; and **WISDOM** to know the difference.

What are the stages of grief?

In 1969, a Swiss-American psychiatrist named Elizabeth Kübler-Ross wrote in her book “On Death and Dying” that grief could be divided into five stages.

Her observations came from years of working with terminally ill individuals. Her theory of grief became known as the Kübler-Ross model.

While it was originally devised for people who were ill, these stages of grief have been adapted for other experiences with loss, too.

The five stages of grief may be the most widely known, but it's far from the only popular stages of grief theory. Several others exist as well, including ones with seven stages and ones with just two.

Your feelings may happen in phases as you come to terms with your loss. Like waves, each will ebb and flow at its own pace, in its own time, sometimes when you least expect it, and that's okay...

I didn't say it was comfortable, but it's okay...

You can't control the process, but it's helpful to know the reasons behind your feelings.

All people experience grief differently, every single person. Each loss is personal to you and you may wonder how some deal with their grief so 'well' and others lag behind.

Though it is no longer considered the ideal way to think about grief, you may have heard of the five stages of grief. Let's explore them together now...

Denial

Anger

Bargaining

Depression

Acceptance

Denial

When you first learn of a loss, it's normal to think, "This isn't happening." You may feel shocked or numb. This is a temporary way to deal with the rush of overwhelming emotion. It's a defense mechanism. It is okay.

Denial is a defense mechanism that allows an individual to cope with overwhelming emotions and avoid facing the reality of the situation. It is a way of protecting oneself from the pain and discomfort of accepting the loss or change.

During the stage of denial, you may refuse to believe that the loss or change has occurred, minimise the significance of the event, or try to rationalise the situation.

Someone who has lost a loved one may refuse to acknowledge that the person is really gone, and may even continue to behave as if they are still alive.

While denial can be a helpful coping mechanism in the short-term, it can also become problematic if it persists for too long. It can prevent individuals from processing their emotions and coming to terms with the reality of the situation.

As such, it is important for individuals to eventually move through the stage of denial and begin to address their feelings and work through the grieving process.

Moving through the stage of denial is an important step in the grieving process. Here are some strategies that may be helpful in getting through this stage:

Acknowledge your feelings: Recognise that denial is a normal part of the grieving process, and allow yourself to experience the full range of emotions that come with it. It is okay to feel overwhelmed, confused, or even angry.

Seek support: Reach out to friends, family, or a mental health professional for support. Talking to someone who can listen without judgment can be helpful in processing your emotions and moving through the stage of denial.

Educate yourself: Learn as much as you can about the situation that is causing you to feel in denial. This can help you come to terms with the reality of the situation and accept the changes that are happening.

Practice mindfulness: Mindfulness techniques such as deep breathing, meditation, and yoga can help you stay present in the moment and become more aware of your thoughts and emotions.

Take small steps: Moving through the grieving process takes time and patience. It can be helpful to set small goals for yourself each day, such as taking a walk or doing something you enjoy. This can help you stay motivated and make progress towards healing.

Anger

Anger can arise as a natural response to feelings of helplessness and vulnerability that often accompany grief.

It may be directed towards oneself, towards others, or towards the situation that caused the loss or change. For example, someone who has lost a loved one may feel angry at themselves for not doing more to prevent the death, or they may feel angry at the person who passed away for leaving them behind.

While anger can be a difficult emotion to manage, it is important to recognise that it is a normal part of the grieving process.

Here are some strategies that may be helpful in working through the stage of anger:

Allow yourself to feel the emotion: It is okay to feel angry, and it is important to allow yourself to experience this emotion without judgment or guilt.

Find healthy outlets for your anger: Physical exercise, creative expression, or talking to someone who can listen without judgment can be helpful in channeling your anger into something productive.

Practice self-care: Taking care of yourself during this time is important. Make sure to get enough sleep, eat healthy foods, and engage in activities that you enjoy.

Identify the source of your anger: Understanding what is triggering your anger can help you work through it. Try to identify specific situations or thoughts that make you feel angry, and then consider what you can do to address those triggers.

Seek support: Talking to a therapist or joining a support group can be helpful in processing your emotions and working through the stage of anger.

It is important to remember that everyone experiences grief differently, and there is no "right" or "wrong" way to feel. Be patient with yourself, and give yourself time to work through the emotions that come with this difficult process.



Bargaining

In this stage, individuals may try to negotiate their way out of the pain and suffering caused by the loss or change. This often involves bargaining with a higher power, with fate, or with the universe in an attempt to reverse the situation or change the outcome.

Someone who has lost a loved one may obsess over what they could have done differently, and may try to make deals with themselves or with fate in an attempt to bring the person back.

Some signs that you may be experiencing the bargaining stage of grief include:

Obsessive thoughts about what could have been done differently: During the bargaining stage, individuals may spend a lot of time dwelling on the past and thinking about what they could have done differently to prevent the loss or change.

Making deals or promises: They may make deals or promises with themselves, with a higher power, or with fate in an attempt to reverse the situation or change the outcome.

Searching for meaning or purpose: In an attempt to make sense of the loss or change, individuals may search for meaning or purpose in the situation. This may involve questioning their beliefs or values, or re-evaluating their goals and priorities.

Feelings of guilt or regret: The bargaining stage can be accompanied by feelings of guilt or regret, as individuals may feel responsible for the loss or change, or feel that they could have done more to prevent it.

Bargaining can be a way to temporarily escape the intense pain and grief that comes with loss or change. It can provide a sense of hope and comfort, even if it is unrealistic or unlikely to be successful.

However, as the bargaining stage progresses, individuals may start to realise that their attempts to negotiate are not going to change the outcome. This can lead to feelings of sadness, disappointment, and despair.

It is important to remember that bargaining is a natural and normal part of the grieving process. It is a way for individuals to try to regain some control over a situation that feels overwhelming and out of their control.

However, it is important to recognise when bargaining is no longer helpful and to seek support to work through the emotions that come with grief.

Depression

During the depression stage, individuals may withdraw from social activities, experience changes in sleep patterns or appetite, and have difficulty concentrating or making decisions. They may also experience physical symptoms such as fatigue, headaches, or aches and pains.

Some common signs that someone may be experiencing the depression stage of grief include:

Intense feelings of sadness or hopelessness: Individuals may feel overwhelmed by feelings of sadness, emptiness, or despair. They may struggle to find joy or pleasure in things that they used to enjoy.

Withdrawal from social activities: Individuals may feel like they don't have the energy or motivation to engage in social activities or spend time with others.

Changes in sleep or appetite: The depression stage can be accompanied by changes in sleep patterns, such as difficulty falling asleep or staying asleep, or oversleeping. Individuals may also experience changes in appetite, such as loss of appetite or overeating.

Physical symptoms: Grief can manifest itself physically, and individuals may experience symptoms such as headaches, aches and pains, or fatigue.

Unlike feeling low for a few days or simply feeling fed up, depression causes persistent sadness for weeks or months, affecting your thoughts, feelings, and actions. Depression can creep up on you without any particular notice, leaving you feeling tearful, stressed, and sometimes engaging in irrational behaviours.

Investing in our mental health is crucial, it's okay to not feel okay and to ask for help, and we all need to be well to engage in life and appreciate the joys it brings.

It's okay to ask for help when you're struggling, and it's the first step to recovery.

It is important to remember that the depression stage of grief is a normal and natural part of the grieving process. It can be a difficult and painful stage, but it is important to allow yourself to feel these emotions and seek support if needed.

Talking to a therapist, joining a support group, or reaching out to friends and family can be helpful in working through the emotions that come with depression from grief.

Acceptance

Don't shy away from this stage on your grief journey! It doesn't mean you are okay with your loved ones death... It is not saying 'I am happy they died', it is simply a stage that comes naturally, slowly, and only at a time when you can see past the intense pain that your loss has caused.

During the acceptance stage, individuals may start to make plans for the future, re-engage in activities they enjoy, and form new relationships or connections. They may also feel a sense of peace or calm as they come to terms with the reality of their loss.

It's important to note that acceptance does not mean that individuals have completely moved on from their loss or that they no longer feel sadness or pain. Rather, it is a gradual process of adjusting to life without the person or thing they have lost.

Some common signs that someone may be experiencing the acceptance stage of grief include:

A sense of calm or peace: Individuals may feel a sense of acceptance and a willingness to move forward with their lives.

Re-engagement in activities: Individuals may start to resume activities they once enjoyed or pursue new hobbies or interests.

Planning for the future: Individuals may start to make plans for the future, such as setting new goals or making travel plans.

"The Guest House" by Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness, some
momentary awareness comes as an
unexpected visitor.

Welcome and entertain them all!

Even if they are a crowd of sorrows, who violently
sweep your house empty of its furniture, still,
treat each guest honorably.

He may be clearing you out for some new delight.

The dark thought, the shame, the malice. meet
them at the door laughing and invite them in.

Be grateful for whatever comes. because each
has been sent as a guide from beyond.

A personal fear of death

The passing of a loved one can evoke fear in us because it is an unknown and inevitable part of life. It represents the ultimate and final end of our physical existence, and the idea of facing our own mortality can be overwhelming and unsettling.

As humans, we are wired to seek out safety and security, and death represents the ultimate threat to our sense of safety and security.

The fear of death can also be amplified by the uncertainty of what comes after we die. Many people find comfort in the idea of an afterlife or spiritual existence beyond death, but for others, the unknown nature of what happens after we die can be a source of anxiety and fear.

Additionally, death can force us to confront the impermanence of life, which can be difficult to accept. We may struggle with the idea that everything we have built and accomplished in our lives will eventually come to an end. The fear of death can also be linked to our attachment to loved ones and the fear of losing them.

Overall, the fear of death and our own mortality is a natural response to the reality of our human condition. It is important to acknowledge and accept our mortality as a normal and natural part of life, while also finding ways to live fully and meaningfully in the time we have. This may involve cultivating a sense of purpose and connection with others, and finding ways to leave a positive impact on the world.

Navigating relationships

Navigating relationships with friends and family after the death of a loved one can be challenging, as everyone experiences grief differently and may have different needs and expectations.

Here are some tips for communicating effectively and maintaining healthy relationships during this difficult time:

Be open and honest: It's important to communicate your needs and feelings to those around you. If you need space or support, let people know. Be honest about how you are feeling and don't feel like you have to put on a brave face if you are struggling.

Listen to others: Remember that everyone experiences grief differently, so be open to listening to the needs and feelings of others as well. Try to be understanding of their perspectives, even if they don't align with your own.

Be patient: Grief is a process and it can take time for people to adjust to the loss of a loved one. Try to be patient with yourself and others as you navigate this difficult time.

Seek professional support: Sometimes it can be helpful to seek support from a therapist or grief counselor. They can provide a safe and supportive space to explore your feelings and offer guidance on how to navigate your relationships with others.

Communicate effectively: It can be helpful to use "I" statements when communicating your needs and feelings to others. For example, instead of saying "You never check in on me," try saying "I feel unsupported when I don't hear from you."

Set boundaries: It's important to set boundaries if you are feeling overwhelmed or if certain interactions are triggering for you. Let others know what your boundaries are and communicate them clearly.

Remember that it's okay to take time for yourself: It's important to take care of yourself during this time, so don't feel guilty about taking time for self-care or stepping back from social situations if you need to.

Try and see grief as a token of
just how much you loved...

Don't shy away from grief. It is
yours, let it wash over you.

This too shall pass.

Where to find support

There are many places to find grief support, including:

Local support groups: Many communities have support groups specifically for people who are grieving. You can often find these groups through local hospitals, community centres, or religious organisations.

Online support groups: There are also many online support groups and forums where people can connect with others who are going through similar experiences. Some popular online resources for grief support include GriefShare, The Compassionate Friends, and Cruse Bereavement Support.

Counselling or therapy: A grief counselor or therapist can provide one-on-one support and guidance for people who are struggling with grief. You can often find grief counsellors through local mental health clinics, hospitals, or private practices.

Religious or spiritual leaders: Many religious or spiritual leaders are trained in grief counselling and can provide support and guidance to their congregants or community members.

Friends and family: It can be helpful to lean on friends and family members for support during this time. Don't be afraid to reach out to loved ones and let them know how you are feeling.

"Death is a challenge. It tells us not to waste time... It tells us to tell each other right now that we love each other."

Leo Buscaglia

Self-care starts here...

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Today, I miss...

DATE _____

S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

When I feel upset, I can call...

DATE _____ S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Today, I remembered...

DATE _____

S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



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[illegible]

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What do you want to accomplish today?

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DATE _____ S M T W T F S

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Today, I remembered...

DATE _____

S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



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What do you want to accomplish today?

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[illegible]

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Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Today, I remembered...

DATE _____

S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

This experience has taught me...

DATE _____ S M T W T F S

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Do I have any regrets about this situation?

DATE _____ S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

If I could say something to you, I would say...

DATE _____

S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

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DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Do I have any regrets about this situation?

DATE _____ S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

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If I could say something to you, I would say...

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[illegible]

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I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

This experience has taught me...

DATE _____ S M T W T F S

[illegible]

DATE _____

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I WOKE UP FEELING



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[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

What are some ways you've expressed grief in the past?

DATE _____ S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

What feelings am I looking forward to? What feelings
do I want to leave behind?

DATE _____ S M T W T F S

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Write a list of activities that you can engage in to
make yourself feel better...

DATE _____ S M T W T F S

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Do I feel comfortable asking for help? Why or why not?

DATE _____ S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Who is in my support system?

DATE _____ S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Make a list of ways you feel taken care of both by
yourself and by others.

DATE _____ S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

What's a positive memory I have of this person or situation?

DATE _____

S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

How did this person or experience make you feel?

DATE _____

S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

What creative ways do I use to express my feelings?

DATE _____

S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

How can I honour my loved one or my loss?

DATE _____

S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Here are five ways I can be compassionate with
myself today...

DATE _____ S M T W T F S

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

Do I know anyone else who is grieving? How can I try to make them feel better today?

DATE _____ S M T W T F S

[illegible]

DATE _____

SELF-CARE CHECK IN

I WOKE UP FEELING



Great



Good



Okay



Not good



Horrible

What do you want to accomplish today?

I'm having a hard time with...

Today I am grateful for...

Remembering You

DATE _____ S M T W T F S

[illegible]

Do not stand at my grave and weep;
I am not there, I do not sleep.
I am a thousand winds that blow.
I am the diamond glints on snow.
I am the sunlight on ripened grain.
I am the gentle autumn rain. When you
awaken in the morning's hush
I am the swift uplifting rush
Of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry;
I am not there, I did not die.
~ **Author Unknown**



Notes to my loved one...

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



THEN JOY STEPPED IN

Said she, 'I will not live with grief
from morrow unto morrow.
My heart cries out for some relief,
'Good-bye, my little sorrow.'
She closed the windows of her home
and pulled down every blind.
'I'm going forth, ' she cried, 'to roam.
You, Grief, can stay behind.'
'And I'll be gone the livelong day,
expect me back to-night.'
Grief wanly watched her go away
into the warmth and light;
With quickened step and brightened eyes,
she mingled with the throng.
Instead of pale Grief's moans and sighs,
she heard Endeavour's song.
She saw a sister, crossed the road,
and asked her how she fared:
Then helped to lift her heavy load
and in the burden shared.
Throughout the day Self was suppressed
whilst Service took its place.
When she returned at night to rest – of Grief
there was no trace!
But Joy stepped forth and sweetly said,
'May I now be your friend instead? '

~ **Wilhelmina Stitch**

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

CHANGE OF ADDRESS



You didn't die
you just changed shape
became invisible
to the naked eye
became this grief

it's sharpness more real
then your presence was
before you were separate to me
entire to yourself
now you are
a part of me

you are inside my self
I call you
by your new name
'Grief...Grief! '
although I still call you
'Love.'

Dónall Dempsey

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



THE WINDOW

Your body is away from me
but there is a window open
from my heart to yours.
From this window, like the moon
I keep sending news secretly.

Rumi