

FREE

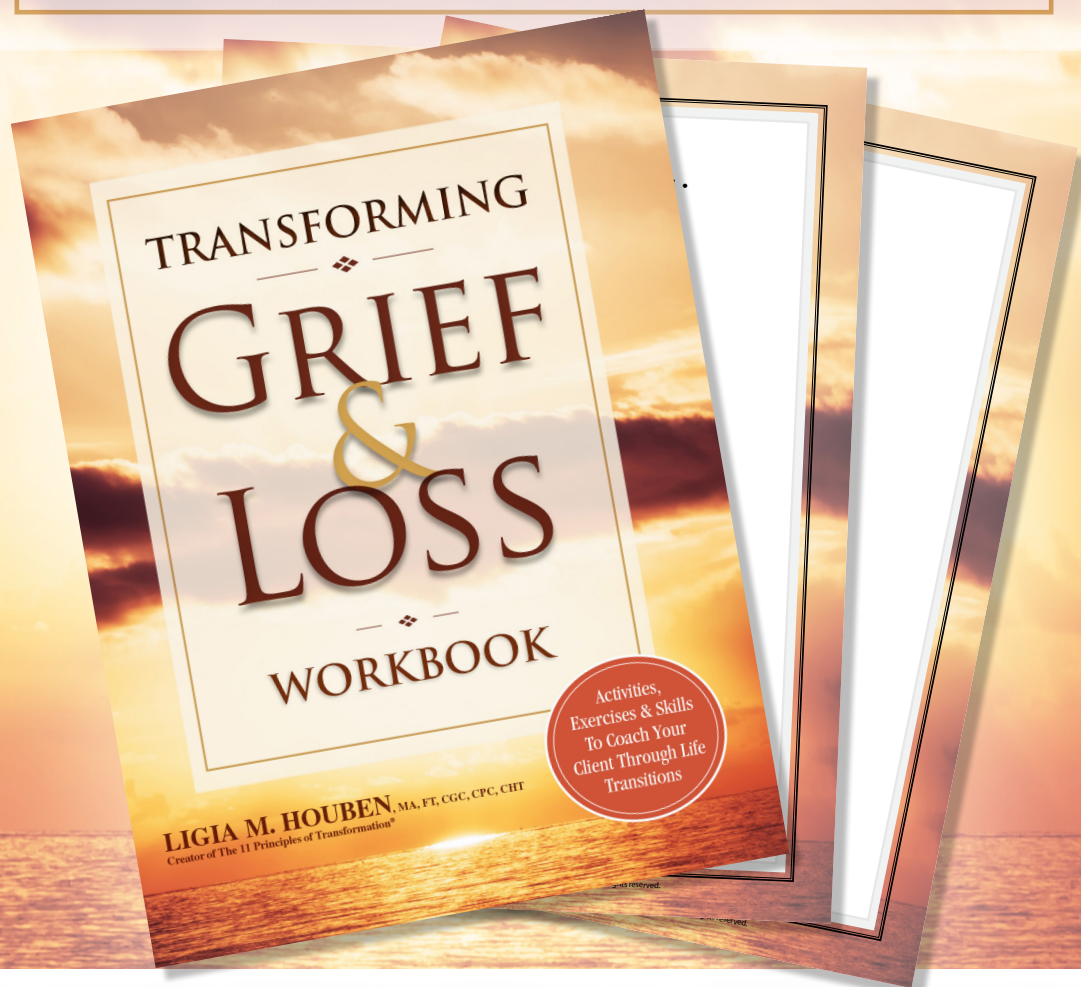
TRANSFORMING



GRIEF  
&  
LOSS



WORKSHEETS



ASSESSMENTS, REFLECTIONS, & EXERCISES FOR  
YOUR CLIENT TO TRANSFORM THEIR GRIEF

# INTRODUCTION



We all experience losses in our lives. And although it is common and natural, we are not educated or trained to deal with losses. We live in a death-denial society that at times forces us to suppress our feelings regarding major life transitions and continue living as if nothing happened. It is not possible, because what matters most is not to ignore what has happened to us, but to find ways to transform what has happened to us.

Grief is a unique process and cannot be avoided. It is different for each person because each person is unique. It is necessary to acknowledge it, so we can release it, allowing us to be healed and transformed in the process. Once clients acknowledge their loss instead of denying it, they can continue with the transformation process.

You will find these worksheets to be hopeful, positive, and empowering, as it offers valuable exercises that will help your clients transform their loss and transform their lives. The following worksheets will help your clients assess their grief, reflect on it, and provide exercises that help aid the grieving process.



ASSESSMENT

• EVALUATION OF YOUR LOSS •

Please circle the statements you identify with.

1. I do not want to think about my loss.
2. I will never be happy again.
3. These misfortunes only happen to me.
4. Everyone else is happy.
5. I do not care about my health.
6. I do not believe in support groups.
7. I do not believe in God.
8. I do not believe in spiritual guides.
9. I feel a lot of anger.
10. I feel a lot of resentment.
11. I will never forgive those who caused this pain.
12. I do not want to talk about death.
13. Life is unfair.
14. If I get busy, I do not need to think about my loss.
15. I do not have to share my pain with anyone.
16. I need to be strong for others.
17. From now on, I will not show my feelings.
18. I do not think I will recover.
19. Nobody understands me.
20. I will never see my loved one again.
21. Religion does not help to heal a loss.
22. Why did this happen to me?
23. I am guilty of suffering this loss.

24. Someday I will be happy.
25. I will learn to live with this loss.
26. I will get over this loss and transform my life.
27. I would rather be alone.
28. I do not want help.
29. I have processed my loss.
30. I will be happy again.
31. Losses are part of life.
32. Everybody faces tough times in life.
33. Support groups can provide help.
34. I believe in the possibility of something greater than myself.
35. At certain times we need spiritual guides.
36. Keeping grudges is not healthy for my soul.
37. I have managed to forgive.
38. It is necessary to talk about death.
39. Sometimes life is not easy, but I still go forward.
40. Although it is difficult, I need to process my loss.
41. It is important to show my true feelings.
42. There will be a time when I will have recovered.
43. There are people who understand my pain.
44. I always carry my loved one in my heart.
45. The spiritual dimension helps me to find meaning.
46. I am not the only person facing a loss.
47. I am not guilty of this loss.
48. I help others with their loss.
49. I can love, starting with myself.
50. By transforming my loss I can change my life.



## REFLECTION

### • FELT SENSE •

1. **Clear a space.**

How are you? What's between you and feeling fine?

Don't answer; let what comes in your body do the answering.

Don't go into anything.

Greet each concern that comes. Put each aside for a while, next to you.

Except for that, are you fine?

2. **Felt sense.**

Pick one problem to focus on.

Don't go into the problem.

What do you sense in your body when you sense the whole of that problem?

Sense all of that, the sense of the whole thing, the murky discomfort or the unclear body-sense of it.

3. **Get a handle.**

What is the quality of the felt sense?

What one word, phrase, or image comes out of this felt sense?

What quality word would fit it best?

4. **Resonate.**

Go back and forth between word (or image) and the felt sense.

Is that right?

If they match, have the sensation of matching several times.

If the felt sense changes, follow it with your attention.

When you get a perfect match, the words (images) being just right for this feeling, let yourself feel that for a minute.

**5. Ask.**

What is it, about the whole problem, that makes me so \_\_\_\_\_?

When stuck, ask questions:

What is the worst of this feeling?

What's really so bad about this?

What does it need?

What should happen?

Don't answer; wait for the feeling to stir and give you an answer.

What would it feel like if it was all OK?

Let the body answer.

What is in the way of that?

**6. Receive.**

Welcome what came. Be glad it spoke.

It is only one step on this problem, not the last.

Now that you know where it is, you can leave it and come back to it later.

Protect it from critical voices that interrupt.

Does your body want another round of focusing, or is this a good stopping place?

Eugene Gendlin, Ph.D.

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**EXERCISE**

**• JOURNAL OF FEELINGS •**

Keep track of feelings throughout each day. Use the list of emotions to record your feelings as precisely as you can.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 a.m.							
10 a.m.							
1 p.m.							
4 p.m.							
7 p.m.							
10 p.m.							

**LIST OF EMOTIONS**

- |           |              |             |          |         |
|-----------|--------------|-------------|----------|---------|
| Annoyed   | Depressed    | Guilty      | Jealous  | Scared  |
| Anxious   | Embarrassed  | Happy       | joyful   | Shy     |
| Ashamed   | Empty        | Hopefull    | Lonely   | Sorry   |
| Blessed   | Energetic    | Hopeless    | Loved    | Strong  |
| Bored     | Enthusiastic | Hurt        | Mad      | Tired   |
| Broken    | Envious      | Worthless   | Obsessed | Upset   |
| Cheerful  | Exhausted    | Worth       | Proud    | Worried |
| Confident | Frightened   | Indifferent | Relieved |         |
| Courious  | Frustrated   | Irritated   | Sad      |         |