A PAUSE, A PRACTICE, A NEXT STEP

Anticipatory Grief

Grief can arrive before a loss.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Return to today

Ask what is known today and what remains uncertain. Choose one need you can respond to now.

01 / Notice and reflect

What am I afraid of losing?

02 / Notice and reflect

What matters between us today?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Reach out when worry, guilt, or exhaustion makes daily life hard. Ask for support for your needs as well as those of the person who is ill.

Read more: NCI · Grief, bereavement, and loss

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.