A PAUSE, A PRACTICE, A NEXT STEP

Prolonged Grief

You deserve help when grief feels impossible to carry.

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.

Describe the impact

Write what is difficult: sleeping, eating, connecting, or daily tasks. You do not need to diagnose yourself.

01 / Notice and reflect

What has become hard to do?

02 / Notice and reflect

What support have I tried?

03 / One next step

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

When to seek help: Seek care for severe or ongoing distress. If you might harm yourself or cannot stay safe, use Crisis Support now.

Read more: NCI · Understanding grief responses

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