A PAUSE, A PRACTICE, A NEXT STEP

Six Grief Experiences

An optional language for feelings, not a checklist.

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.

Choose words that fit

Denial may feel like disbelief. Anger may ask “why?” Bargaining may sound like “if only.” Use your own words if they fit better.

01 / Notice and reflect

Which words fit today?

02 / Notice and reflect

Which labels feel unhelpful?

03 / One next step

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

When to seek help: Ask for support when grief disrupts daily life. You need not finish any stage before seeking help.

Read more: David Kessler · An optional grief framework

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

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