



# Making Room for Grief

A Gentle Reflection on Loss, Change, and Continuing Connection

## GRIEF DOES NOT FOLLOW ONE PATH

Grief can follow a death, separation, health change, lost role, changed future, or another meaningful loss. There is no correct order, pace, or way to complete this page. Use only the parts that fit today.

1

### THE LOSS I AM CARRYING

A person, relationship, role, place, ability, future, or other meaningful loss:

2

#### WHAT HAS CHANGED?

What feels different in daily life, relationships, routines, identity, or the future?

#### WHAT DO I MISS TODAY?

A person, feeling, routine, possibility, conversation, or ordinary detail.

3

#### WHAT REMAINS WITH ME?

Memories, lessons, traditions, love, qualities, stories, or ways this connection still matters.

4

#### WHAT MIGHT MY GRIEF NEED TODAY?

Choose anything that feels supportive. More than one answer can be true.

- |                                         |                                                        |                                                 |
|-----------------------------------------|--------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Space          | <input type="checkbox"/> Company                       | <input type="checkbox"/> Rest                   |
| <input type="checkbox"/> Expression     | <input type="checkbox"/> Remembrance                   | <input type="checkbox"/> A break or distraction |
| <input type="checkbox"/> Practical help | <input type="checkbox"/> Cultural or spiritual support | <input type="checkbox"/> Something else         |

5

#### ONE WAY I CAN HONOUR THIS CONNECTION

A memory, ritual, place, object, story, action, or tradition.

#### SUPPORT I CAN REACH TOWARD

A person, community, cultural support, counsellor, or service.