

LOTUS & TULIP · FREE STARTER PACK

Free Grief and Loss Worksheets *for Therapists*

6 real pages from the full 20 page set, for adult and older teen clients. Client use license included.

US Letter, print or annotate in any PDF app

Grief waves · the many feelings of grief · two sides of coping
memories and what I carry · a plan for hard days · support and safety

All 20 pages: **etsy.com/listing/4607256820**

How to use this starter pack

Notes for the licensed clinician

Inside (8 pages)

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One way to use it

Start with grief waves or the many feelings of grief, so the client can name what the loss feels like right now without being asked to explain it. Two sides of coping shows that time spent with the loss and time spent tending to life both count. Memories and what I carry makes room for the bond. Before an anniversary, a holiday or another hard date, fill in the plan for hard days together, and keep the support and safety page close.

Client use license

You may print and share these pages, on paper or as PDF, with your own clients, in session, as homework or through your telehealth or client portal. Please do not resell them or post the file on other websites; share the link to the free download instead.

Good to know

An educational tool for licensed clinicians and other qualified professionals, written for adult and older teen clients after a death or another significant loss. Let the client set the pace and skip any prompt. It does not diagnose or treat any condition. Grief that stays intense and keeps a person from daily life for many months, or any thoughts of self-harm, call for a clinical assessment; the last page lists the US 988 Suicide and Crisis Lifeline and 911.

Designed with the help of an AI generator, then reviewed and edited page by page. All wording is our own.

The full grief and loss set: 18 worksheets, 20 pages

Worksheet	In this pack	Worksheet	In this pack
My loss story	Full set	Staying connected	Full set
Grief waves	Yes	If only thoughts and guilt	Full set
The many feelings of grief	Yes	Anger and unanswered questions	Full set
Grief in body, mind and behavior	Full set	Grief and the people around me	Full set
Myths and truths about grief	Full set	A plan for hard days	Yes
Triggers and hard dates	Full set	Taking care of the basics	Full set
Two sides of coping	Yes	Finding my footing again	Full set
An unsent letter	Full set	Weekly grief tracker	Full set
Memories and what I carry	Yes	Support and safety contacts	Yes

Full grief and loss set, EUR 12: etsy.com/listing/4607256820 · **Therapist Worksheets Mega Bundle** (8 packs incl. grief, anxiety, ADHD, CBT, DBT and ACT), 160 pages, EUR 39: etsy.com/listing/4607247979

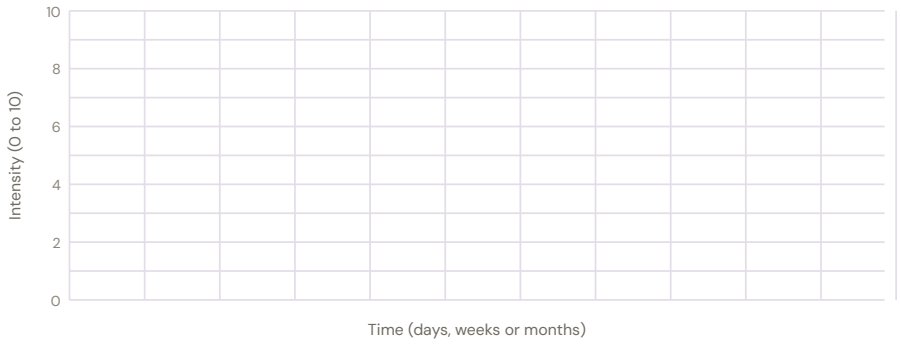
Grief waves

Grief tends to come and go in waves. Track yours to see the pattern

Example shape (not a rule). Everyone grieves differently, and waves rarely follow a straight line downward.



My waves



Date	What set it off (or nothing at all)	Intensity (0 to 10)	How long it lasted	What helped

What I notice about my waves

The many feelings of grief

Circle how strong each feeling has been this week, from 0 (none) to 5 (very strong)

Mixed feelings are common and do not mean you are grieving the wrong way. Feelings can sit side by side, such as relief and sadness, or laughter and tears.

Sadness
tears, heaviness, emptiness
0 1 2 3 4 5

Longing
aching to see or talk to them
0 1 2 3 4 5

Numbness
feeling blank or far away
0 1 2 3 4 5

Anger
at the situation, others, them, myself
0 1 2 3 4 5

Guilt
if only, I should have
0 1 2 3 4 5

Relief
after a long illness or hard relationship
0 1 2 3 4 5

Anxiety
fear about the future or about more loss
0 1 2 3 4 5

Loneliness
even with people around
0 1 2 3 4 5

Yearning for the past
wanting life to be as it was
0 1 2 3 4 5

Gratitude
for time shared, mixed in with the pain
0 1 2 3 4 5

Confusion
trouble thinking or deciding
0 1 2 3 4 5

Peace
moments of calm, which are okay too
0 1 2 3 4 5

A feeling that surprised me

A feeling that is hardest to share, and who might understand

Other feelings I have noticed (add your own words)

Where in my day the feelings show up most

What I do when a feeling gets big

Name _____ Date _____

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Two sides of coping

Healthy grieving swings between feeling the loss and tending to life

Many people move back and forth between facing the loss and getting on with daily tasks. Both are needed, and a rest from grief is not a betrayal.

Facing the loss

Crying, remembering, looking at photos, talking about them, missing them, going over what happened.

Tending to life

Work, errands, new routines, finances, learning new roles, rest, fun, time with people who lift you.

What I do to face the loss (and how often)

What I do to tend to life (and how often)

My balance this week

All facing the loss **Balanced** **All tending to life**

Mark where this week sits.

A day I leaned too far one way, and what I noticed

One small step to rebalance

Permission slip: something I give myself permission to do or to pause

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Memories and what I carry

Remember what mattered and what stays with you

A memory that makes me smile

A memory that is bittersweet

Things they said or did that I remember

What they taught me

What made them laugh

Pieces of them I carry forward

A quality, saying or habit of theirs	How I see it in me or in others	How I could live it out this month

Photos, objects and places that hold them

Questions I wish I had asked, and who else might know the answers

If they could see me today, I think they would...

A plan for hard days

Prepare ahead for the days that weigh the most

The day or event: _____ **Date:** _____

What I expect this day to bring

What I most need from it (quiet, company, ritual, distraction)

1. **Plan the shape of the day**
   Decide what to keep, change or skip. It is fine to do things differently this year.
2. **Line up support**
   Tell one or two people what you need. Plan a check in call or text.
3. **Make room for remembrance**
   Choose one small way to honor them, such as a candle, a story or a favorite song.
4. **Protect your energy**
   Plan rest, food and an easy exit. Leave extra time before and after.
5. **Have a gentle plan B**
   If the day gets too heavy, know where you will go and who you will contact.

Time	What I plan

People I will contact

What I will do if it gets too heavy

Afterward: what helped, and what I would change next time

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Support and safety contacts

Fill in with your clinician and keep it close

My warning signs that grief is becoming too heavy

Things I can do on my own to feel safer

People I can reach out to (name and number)

My clinician and practice contact

In the United States, if you are in crisis or thinking about suicide: call or text **988** (988 Suicide and Crisis Lifeline), or chat at 988lifeline.org. In an emergency, call **911**. Outside the US, contact your local emergency number.

Grief is a natural response to loss, and support helps. These pages support, and do not replace, care from a licensed professional. If grief stays overwhelming, or you feel you cannot go on, please reach out today.

L&T

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Liked this free printable?

The complete, ready to print version is here:

Grief and Loss Worksheets for Therapists, all 20 pages

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607256820 | instant digital download

See every page first: lotustulip.com/grief-and-loss-worksheets-for-therapists.html

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