Grief Steps

Gentle steps. Your pace. Skip anything. No right way to grieve.

Name: _____ **Date:** _____

1. Safety first

Thoughts of dying?
Call or text 988.

2. Go slowly

Pages are optional.
Skip any prompt.

3. Notice now

Rate today's grief, 0
to 10.

4. Your story

Tell it in parts, at
your own pace.

5. Both sides

Face the loss. Tend to
life. Rest.

6. If only

What did I know then?
Be kind.

7. Stay close

Memories, rituals,
values you carry.

8. Hard days

Plan for dates,
holidays, triggers.

9. Review

What helps? Do I need
more support?

What grief is and is not

Grief comes in waves. Moving between grief and daily life is normal.

Is Relief, anger, numbness happen	Waves, yearning, mixed feelings
Is not Not a demand to let go	A fixed order of stages, a deadline
Care Talk to a clinician soon	Suicidal thoughts, cannot function

A reflection aid for grief support. It does not replace counseling or treatment.

988 Suicide and Crisis Lifeline · Text HOME to 741741 · Emergency: 911

Not affiliated with any author, association or guideline named on the guide page.

My Plan for Hard Days

Hard dates ahead. Early signs. What helps. Who I can reach.

Name: _____ **Date:** _____

Hard dates and triggers ahead

Date or situation	One thing that might help
1.	
2.	
3.	
4.	
5.	

When a hard day comes

Early signs a hard day is coming: _____

Three things that help, even a little: _____

People I can text or call: _____

Basics I will protect (food, water, sleep, meds): _____

Staying connected and getting support

A ritual or memory I want to keep: _____

What I will say if invited somewhere hard: _____

My counselor, doctor or support group: _____

I will ask for more help if: _____

Something they would want me to remember: _____

Notes:

_____

_____

_____

_____

_____

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

Original layout by Lotus & Tulip, based on published bereavement research. Not therapy.

Free printable from Lotus & Tulip · lotustulip.com/grief-worksheets-for-adults.html

Grief Waves Log

Rate grief 0 to 10 daily. Note what happened. Waves rise and fall.

Name: _____ **Date:** _____

Day	Grief 0-10	What was happening	Loss / Life / Rest
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Grief pocket cards (cut out, keep in a wallet or phone case)

Waves
This will rise and fall

Both sides
Grieve. Live. Rest.

Breathe
Slow out breath x5

Basics
Water. Food. Sleep.

Connect
Text one person

If only
What did I know then?

Reach out
Ask for what I need

Ritual
Light, song, place

Safety
988 · HOME 741741 · 911

Looking back over two weeks, I noticed:

_____

_____

_____

Not a treatment. If grief feels unbearable, talk to a clinician or call 988.

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Grief and Loss Worksheets for Therapists

Fillable PDF, 20 pages: unsent letter, grief waves, hard days plan, weekly grief tracker and 0 to 10 scales

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

More free printables: lotustulip.com/free-tools.html

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