



Willow & Harbor THERAPY



A safe place for healing and growth in every season of life

Grief Reflection Worksheet

Daily Check-In

Take a moment to pause and check in with yourself.

- What feels hardest right now?
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- What feels even slightly okay?
-

- What do I need today?
-
-

Processing the Loss

You can go slowly here. Answer only what feels right.

- What do I miss most today?
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- What is one memory that has been on my mind?
-

- Is there anything I wish I could say or express?
-
-

Emotional Awareness

Try to notice your internal experience without judging it.

- What emotions am I feeling right now?
-

- Where do I feel this in my body?
-

- If this feeling could speak, what would it say?
-
-

Connection & Meaning (Optional)

Only complete this section if it feels okay.

- What did this person or loss mean to me?
-

- What parts of them or this experience do I carry with me?
-
-

Navigating Today

Focus on small, manageable steps.

- What is one small thing I can do today?
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- What feels doable right now (not perfect, just manageable)?
-

- Who or what could support me today?
-
-

Self-Compassion

Practice speaking to yourself with kindness.

- If a friend felt this way, what would I say to them?
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- What would it look like to be gentle with myself today?
-

- What expectations can I release or soften right now?

 **Simple Reflection Practice (Optional)**

3–2–1 Reflection

- 3 things I'm feeling:

1.

2.

3.

- 2 things I need:

1.

2.

- 1 small step I can take today:
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-

 **Closing Thought**

Grief does not follow a straight line. Showing up, even in small ways, is enough.