



You still grieving?

1. My biggest struggle right now is...
2. The thing that really gets me down is...
3. The worst thing about my loss is...
4. When I feel lonely...
5. The thing I fear most...
6. The most important thing I've learned is...
7. The thing that keeps me from moving on is...
8. I seem to cry most when...
9. I dreamed last night...
10. I heard a song that reminded me of...
11. A new person I've come to appreciate is...
12. I get angry when...
13. Part of the past that keeps haunting me is...

14. What I've learned from the past is...
15. Guilt feelings seem to come to me most....
16. The experiences I miss the most...
17. New experiences I enjoy the most...
18. The changes I like most are...
19. The changes I like least are...
20. I saw or smelled something today that reminded me of...
21. My feelings sometimes confuse me because...
22. New strengths I have developed since my loss are...
23. I feel close to _____ today because...
24. I am angry at _____ today because...
25. For me to find and have balance, I...