

# Sitting with Grief – a guide to explore your loss

**What did I lose? What am I grieving?**

**What does this loss mean to me?**

*Ex: Loss of security, income, being known, a friend, comfort, expressing my love to another*

**How is my body experiencing grief?**

*Ex: Tiredness, emptiness, numbness*

**What am I tempted to believe?**

*“I’m all alone. No one understands. God has forgotten me.”*

**What can I remind myself of as an anchor or truth?**

*“I’ve never been here before. I can get through this. I trust you God, even if I don’t know why this happened. There’s no right way to go through this.”*

**What permission can I give myself as I set out on this journey?**

*“It’s okay to let some tasks and expectations go for now as I figure out how to get through this. I allow myself to acknowledge my feelings, knowing that feelings come and go.”*

**Who are my companions on this journey? With whom can I be my honest, grieving self? In what relationships do I feel I do not have to “have it all together?”**

**What activities can help support my mental, emotional, physical, and spiritual wellness as I grieve?** *Walking, regular meals, check-in with a friend, therapy, journaling, painting, music*