

Grandparent Loss Grief Workbook for Adults

Reflection, remembrance, and care after the loss of a grandparent

My name _____ My grandparent's name _____

I called them _____ Date started _____

A grandparent may have been a caregiver, teacher, friend, or connection to family history. Grief may bring many feelings, including moments that feel ordinary. Use these pages in any order. You can write, draw, talk, or skip a page.



Their place in my life

Your grief can be intense regardless of your age or your grandparent's age.

The role they played in my life

What I learned from them

What feels most changed



Layers of loss

The death may also change family roles, traditions, a sense of home, or a connection to the past.

What I miss	How it has changed	What support may help

A part of family history I want to preserve



Regret and unfinished conversations

It is common to think of things you wish you had said or done. Make room for the care you offered, too.

Something I wish I had said or asked

A compassionate statement I can practice



Family and boundaries

Grief may bring closeness or make existing tensions more noticeable. You can take time before making decisions.

A family situation that feels difficult

A boundary I need

Words I can use: “I am grieving too, and I need time before discussing this.”



Legacy and remembrance

There are many ways to remember someone. Choose only what feels meaningful to you.

A story, recipe, phrase, song, skill, or value I want to preserve

A family member I might ask about their history



My minimum care plan

Small, practical steps count. You can ask someone to help.

Today I can try	My plan
Eat or drink	
Rest	
One essential task	
Someone to contact	
A task to postpone or delegate	



When I need more help

If grief feels unmanageable, reach out to a trusted person, counselor, or health professional.

If you feel unsafe or think about harming yourself, call or text 988 in the United States. For immediate danger, call 911 or go to an emergency department. Children and teens should tell a trusted adult right away. Elsewhere, use local crisis and emergency services.



30 day guided journal

These prompts come from the source document. Use them in any order, repeat one, or leave pages blank.

Day 1

Describe your grandparent as a whole person.

Day 2

What role did they play in your life?



Day 3

What ordinary moment with them now feels meaningful?

Day 4

What do you miss most today?



Day 5

What did your grandparent teach you directly or indirectly?

Day 6

What family history, tradition, or culture did they help carry?



Day 7

Write a letter beginning with: “What I want you to know is...”

Day 8

What memory brings you comfort?



Day 9

What memory feels painful?

Day 10

What has changed in your family since their death?



Day 11

What is difficult about holidays, meals, visits, or family gatherings now?

Day 12

What does grief feel like in your body?



Day 13

What helps you feel grounded or supported?

Day 14

What guilt, regret, or “if only” thought are you carrying?



Day 15

What was outside your control?

Day 16

What do you wish others understood about your grief?



Day 17

What relationship has been supportive during this loss?

Day 18

What relationship has become more difficult?



Day 19

What practical responsibility feels overwhelming?

Day 20

What help could you accept or request?



Day 21

What story about your grandparent do you want future generations to know?

Day 22

What value or strength do you carry from them?



Day 23

What object, photograph, recipe, place, or song helps you feel connected?

Day 24

What does honoring your grandparent mean to you?



Day 25

What difficult anniversary, birthday, holiday, or milestone is approaching?

Day 26

What support plan could help you through it?



Day 27

Write about a moment of peace, joy, or laughter. It does not lessen your love.

Day 28

What part of yourself needs compassion today?



Day 29

What support do you need more of: practical, emotional, social, spiritual, or professional?

Day 30

Complete these sentences:



30 day feelings and support tracker

Use a word or short note if it helps. This is a record, not a measure of progress.

Day	Feeling	Energy 0–5	Support or note
1			
2			
3			
4			
5			



GRIEF / GRANDPARENT LOSS / ADULTS

Day	Feeling	Energy 0–5	Support or note
6			
7			
8			
9			
10			



GRIEF / GRANDPARENT LOSS / ADULTS

Day	Feeling	Energy 0–5	Support or note
11			
12			
13			
14			
15			



GRIEF / GRANDPARENT LOSS / ADULTS

Day	Feeling	Energy 0–5	Support or note
16			
17			
18			
19			
20			



GRIEF / GRANDPARENT LOSS / ADULTS

Day	Feeling	Energy 0–5	Support or note
21			
22			
23			
24			
25			



GRIEF / GRANDPARENT LOSS / ADULTS

Day	Feeling	Energy 0–5	Support or note
26			
27			
28			
29			
30			



Closing reflection

There is no deadline for this page.

What helped, even slightly

What remains difficult

What support I need next

A way I honored my grandparent

