

Grief Workbook After the Loss of a Parent

Reflection, practical support, family change, and remembrance

My name _____ Date started _____

You can use these pages in any order, leave questions unanswered, and come back later. There is no required way to grieve or fixed schedule for feeling better.



My parent and my loss

The death of a parent can shift family roles and your sense of who you are, regardless of your age or the nature of your relationship.

My parent as a person

Our relationship and what feels unfinished



The layers of loss

A parent’s death can bring changes beyond the loss of their presence.

Change or loss	What it means to me	Support I may need
Connection and family role		
Caregiving or daily routine		
Home, finances, or decisions		
Identity and future milestones		

What feels least visible to others



Caregiving, guilt, and hindsight

If caregiving or the final days were difficult, you may replay choices. Try separating what you knew and could control from what you could not.

Thought that returns	Within my control	Outside my control

A compassionate statement I can practice



Family and practical support

Family members may grieve differently. Your practical needs still matter.

Person or resource	What they might help with	How to ask

One task I can ask someone to share



Reminders and continuing bonds

A ritual, value, story, or object may help you keep a connection in a way that is meaningful to you.

A story I want to preserve

A tradition or value I may carry forward

A date I want to plan for and a support I can arrange



When to seek more support

Grief does not follow a fixed timetable. Extra help is available when grief, depression, trauma symptoms, or daily tasks become difficult to manage.

Reach out to a trusted adult or clinician if you are struggling to eat, sleep, attend school or work, take medication, or meet basic needs, or if you feel increasingly isolated. In the United States, call or text 988 for thoughts of self-harm or suicide or if you cannot stay safe. For immediate danger, call 911 or go to an emergency department.



30 day journal

Use one prompt at a time, in any order. Skip or repeat any day. Write, draw, or dictate your answers.

Day 1

Describe your parent as a person, not only as a parent.

Day 2

What did your parent mean to you?



Day 3

What is one memory you do not want to lose?

Day 4

What part of your relationship was most meaningful?



Day 5

What part of your relationship was difficult, complicated, or unfinished?

Day 6

What do you miss most in your day-to-day life?



Day 7

Write a letter to your parent beginning with: "Today I wish I could tell you..."

Day 8

What did your parent teach you directly or indirectly?



Day 9

What family role or responsibility has changed since their death?

Day 10

What practical task feels most overwhelming right now?



Day 11

What help could make that task more manageable?

Day 12

What are you angry about?



Day 13

What guilt, regret, or “if only” thought comes up most often?

Day 14

What was outside your control?



Day 15

What did caregiving, illness, or the final period of your parent's life ask of you?

Day 16

What do you need to forgive yourself for, release, or hold with compassion?



Day 17

What is a tradition, food, song, object, or place that reminds you of your parent?

Day 18

What family story would you like to document or learn more about?



Day 19

How has this death affected your relationship with siblings, relatives, or the surviving parent?

Day 20

What boundary would protect your energy or emotional well-being?



Day 21

What does loneliness or feeling “orphaned” mean to you, if that word fits?

Day 22

How has your parent’s death affected your sense of identity or stage of life?



Day 23

What is one value or strength you want to carry forward from your parent?

Day 24

What upcoming holiday, birthday, anniversary, or life event feels difficult?



Day 25

Make a gentle plan for that day.

Day 26

Write about a moment of comfort, laughter, peace, or connection. You do not need to feel guilty for it.



Day 27

What does self-care look like when grief is intense?

Day 28

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



Day 29

What is one small future-facing step you are ready to consider?

Day 30

Complete these sentences: "My parent will always matter to me because

_____." "I carry part of them with me through
_____."



30 day mood and support tracker

Make a brief mark for each day if it helps. This is a record of what you notice, not a measure of progress.

Day	Feeling or mood	Energy 0–5	What helped or what I needed
1			
2			
3			
4			
5			



GRIEF / LOSS OF A PARENT / ADULTS

Day	Feeling or mood	Energy 0–5	What helped or what I needed
6			
7			
8			
9			
10			



GRIEF / LOSS OF A PARENT / ADULTS

Day	Feeling or mood	Energy 0–5	What helped or what I needed
11			
12			
13			
14			
15			



GRIEF / LOSS OF A PARENT / ADULTS

Day	Feeling or mood	Energy 0–5	What helped or what I needed
16			
17			
18			
19			
20			



GRIEF / LOSS OF A PARENT / ADULTS

Day	Feeling or mood	Energy 0–5	What helped or what I needed
21			
22			
23			
24			
25			



GRIEF / LOSS OF A PARENT / ADULTS

Day	Feeling or mood	Energy 0–5	What helped or what I needed
26			
27			
28			
29			
30			



Closing reflection

You may return to this page whenever you want.

A memory I want to keep

What has helped, even slightly

One support I need next

