

Grief Change and Healing Workbook

A private space to reflect, remember, and find support. For ages approximately 13 to 17.

My name: _____ Date started: _____

You may skip pages, take breaks, and return later. Grief can follow death or another important loss or change. Feelings may shift from day to day; there is no required order or schedule.

What changed

Grief can follow a death, illness, breakup, move, family change, loss of safety, or a hoped-for future. It can affect concentration, sleep, appetite, friendships, and school.

The loss or change I am dealing with:

What I wish other people understood:

No required stages

Shock, anger, guilt, sadness, and moments of acceptance are possible experiences, not steps everyone follows. You may feel several at once, return to a feeling, or feel something different.

When I notice...	I could try...
Numbness	A grounding activity or time with someone safe
Anger	Move, make art, pause before replying
What if thoughts	Separate what was in my control from what was not
Low energy	Simplify the day and ask for practical help



A grounding practice

If this feels useful, name five things you see, four you feel, three you hear, two you smell, and one caring action you can take next. Skip any sense that feels uncomfortable.

The control map

What I blame myself for	What was within my control	What was outside my control

A kinder statement I can practice:

My low energy plan

Today I need...	My smallest useful step
Food or water	
A school or life task	
A break or comfort	
A person to contact	



My support circle

Person or resource	What I can ask for	How to reach them
Trusted adult	_____	_____
Friend	_____	_____
School counselor or teacher	_____	_____
Other	_____	_____

Words I can use: “I have been having a hard time since this loss. Could you listen or help me with one thing?”

Memory and meaning

A memory, quality, or lesson I want to carry forward:

One small future step that feels possible:



Color a path forward

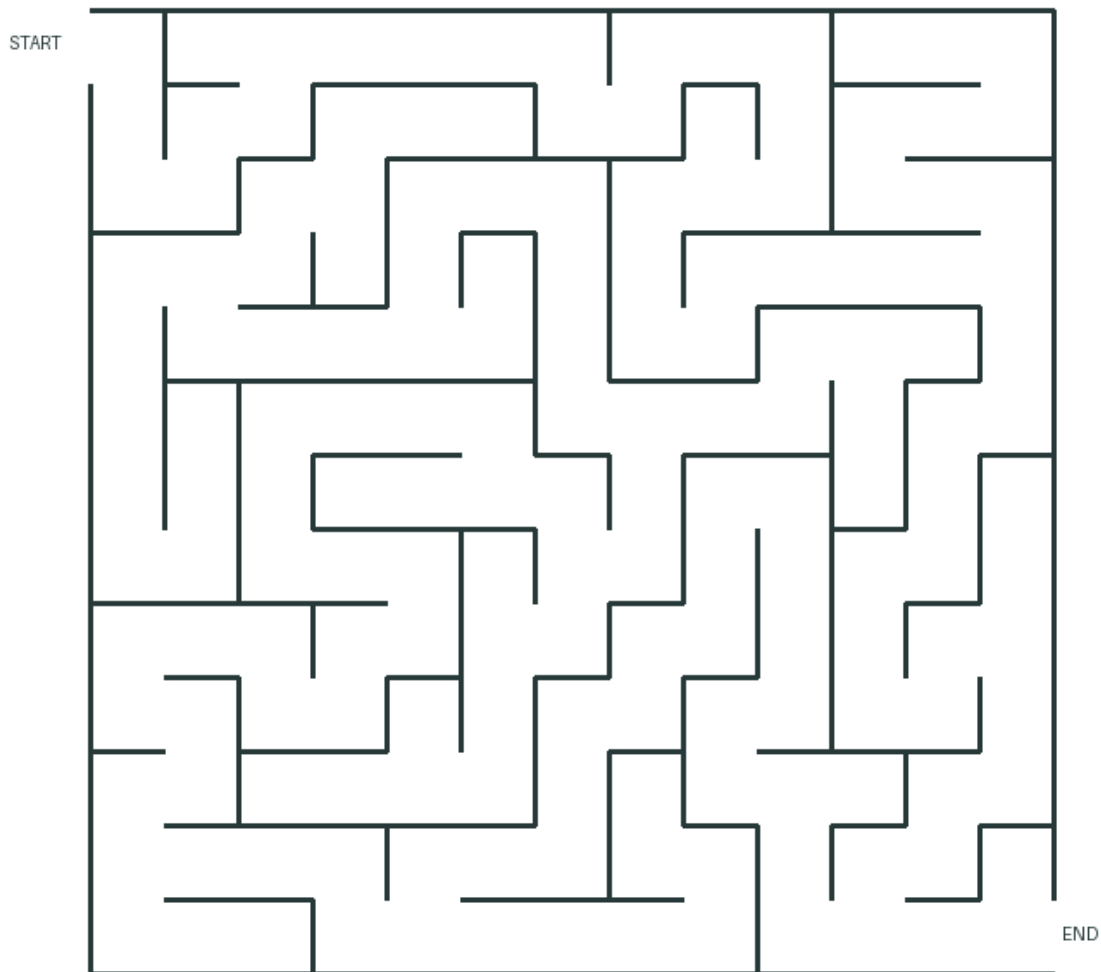
Use this page to pause, color, or simply notice the shape of the path. It is okay to leave it unfinished.





A quiet maze

Trace a path from START to END. Take as much time as you want.



When to get more help

Tell a trusted adult, counselor, or clinician if you have thoughts of self-harm or suicide, feel unsafe, rely more on substances, or cannot manage sleep, eating, school, or basic needs. You deserve support now.

United States: Call or text 988 for the Suicide & Crisis Lifeline. If there is immediate danger, call 911 or go to an emergency department. Outside the United States, use local crisis and emergency services.

A 30 day journal

These are 30 optional prompts, not a deadline. Work in any order. Leave pages blank whenever you want.



Journal prompts 1 to 5

Day 1 Describe the loss or change in the words that feel most honest to you.

Day 2 What has been the hardest part of this week?

Day 3 What emotion have you been showing others? What emotion have you been hiding?

Day 4 What do you wish someone would ask you about your grief?

Day 5 Write about one memory that still matters to you.



Journal prompts 6 to 10

Day 6 What has changed about your daily routine since this loss?

Day 7 Write a letter to the person, place, future, or relationship you miss.

Day 8 What makes grief feel worse? What makes it feel slightly more manageable?

Day 9 What is one “what if” thought you carry? What would you say to a friend who had that thought?

Day 10 Write about a time you felt understood.



Journal prompts 11 to 15

Day 11 What does your body feel like when grief is strongest?

Day 12 What helps you feel grounded in the present?

Day 13 What is one boundary you need right now?

Day 14 How has this loss affected school, friendships, family, or your future plans?

Day 15 What are you angry about? Write it without editing yourself.



Journal prompts 16 to 20

Day 16 What is one thing you miss that other people might not see?

Day 17 Who could be part of your support circle?

Day 18 Write about a song, place, object, or smell that brings up a memory.

Day 19 What does “acceptance” mean to you? What does it not mean?

Day 20 Write down three small things that helped you get through today.



Journal prompts 21 to 25

Day 21 What do you need permission to feel?

Day 22 How do you want people to support you when you are having a hard day?

Day 23 What are you proud of yourself for surviving, managing, or asking for?

Day 24 Write about a value or lesson you want to carry forward.

Day 25 What would a kinder inner voice say to you today?



Journal prompts 26 to 30

Day 26 What is one way you can honor your relationship, memory, or loss?

Day 27 What future moment do you hope to experience?

Day 28 What part of yourself feels different now?

Day 29 Write about one person, place, or activity that gives you hope.

Day 30 Finish this sentence: "I can carry this grief and still _____."



For a trusted adult

Offer privacy and choice while staying available. Ask what kind of help the teen wants: listening, practical assistance, school support, or professional care. Take statements about self-harm or suicide seriously and seek immediate help when safety is uncertain.

