

Adult Grief Coping and Meaning Workbook

A practical guide for reflection, coping, connection, and meaning.

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.

Name the loss

Grief can follow bereavement, illness, disability, estrangement, divorce, job or housing loss, caregiving changes, or the loss of an expected future.

What I am carrying	What has changed	What I need now
_____	_____	_____
_____	_____	_____

A flexible understanding of grief

Shock, anger, guilt, sadness, and integration may arise in any order. The familiar five stages are a way some people describe experiences; they are not a schedule or a measure of progress.

What is most present today?



Responsibility and hindsight

Thought that returns	What I could control	What I could not control
_____	_____	_____
_____	_____	_____

A balanced statement I can practice:

A minimum viable day

Basic care	One realistic step
Food and water	_____
Medication or health need	_____
Rest	_____
One responsibility	_____
One connection	_____

Connection and support

Person or group	What I could ask for	Contact plan
_____	_____	_____
_____	_____	_____



Triggers and anniversaries

Trigger or date	What I might feel	Support or flexible plan

Continuing bonds

A memory, value, ritual, or relationship I want to carry forward:

A future-oriented step I can make room for, without forcing it:



When to get more help

Seek support from a clinician if grief is severely disrupting daily life, persistent depression or trauma symptoms are present, or you feel unable to cope. Seek urgent help for thoughts of self-harm or suicide or if you cannot stay safe.

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 Name the loss you are carrying and describe what it means to you.

Day 2 What changed immediately after this loss?

Day 3 What secondary losses have followed?

Day 4 What emotion has been most present recently?

Day 5 Write about a memory you want to preserve.



Journal prompts 6 to 10

Day 6 What part of grief feels hardest for others to understand?

Day 7 Write a letter to the person, relationship, role, or future you lost.

Day 8 What does your body need today?

Day 9 What “if only” thought returns most often?

Day 10 What was outside your control?



Journal prompts 11 to 15

Day 11 What are you angry about?

Day 12 What does acceptance mean to you? What does it not mean?

Day 13 Who can offer the kind of support you need right now?

Day 14 What would a more compassionate inner voice say?

Day 15 Describe a grief trigger and make a plan for it.



Journal prompts 16 to 20

Day 16 What part of your identity has changed?

Day 17 Write about something the loss has taught you, without forcing meaning from pain.

Day 18 What are you avoiding because it feels too painful? What is one gentle step toward it?

Day 19 What rituals, cultural practices, or spiritual beliefs bring comfort?

Day 20 Write about a person who has shown up for you.



Journal prompts 21 to 25

Day 21 What is one task you can simplify, delegate, or postpone?

Day 22 What does a “minimum viable day” look like for you?

Day 23 Describe a moment of connection, peace, or relief without judging it.

Day 24 What do you need to forgive yourself for—or stop blaming yourself for?

Day 25 What would you like to carry forward from this relationship or chapter of life?



Journal prompts 26 to 30

Day 26 Write about a future event you feel ready to imagine.

Day 27 What boundary would protect your energy or grief process?

Day 28 What does support look like in practical terms this week?

Day 29 Write a message of care to your future self.

Day 30 Finish this sentence: “I can carry this loss and still build a life that includes _____.”

