

Grief After a Suicide Death Workbook for Adults

Reflection, connection, and support after suicide loss

My name _____ Their name _____

Date started _____

Someone important died by suicide. Their life was more than their death. This workbook avoids details of how they died and offers space to remember them, name feelings, and ask for help. You may skip pages or use them in any order. The death was not your fault.



Their life and our relationship

Remember the person beyond the death. Your relationship may have held love, conflict, distance, closeness, or all of these.

Who they were to me

A memory I want preserved



Questions, regret, and uncertainty

There may be unanswered questions. You do not need to solve them before you can care for yourself.

A question I carry

What I know	What I do not know	What I can set down for now

Something I did because I cared



Mixed feelings and privacy

Anger, numbness, love, relief, shame, and longing can coexist. You choose what details to share.

A feeling I need permission to name

What I want others to know

A boundary I can set



My support network

Choose emotional, practical, and professional support that fits.

Person or resource	What I can ask for	How I can reach them

One practical task I can share



A personal safety plan

If thoughts of suicide or self-harm arise, complete this with a clinician or trusted person and seek immediate support when safety is uncertain.

Warning signs	People I can contact	Professional or crisis support

A step to make my environment safer with help



When I need more help

You deserve support, whether for grief, trauma, depression, or an immediate safety concern.

If you are thinking about suicide or self-harm, feel unable to stay safe, or are in emotional crisis, call or text 988 in the United States. For immediate danger, call 911 or go to an emergency department. A child or teen should tell a trusted adult right away. Outside the United States, use local crisis and emergency services.



14 day guided journal

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

Day 1

Describe the person you lost as a whole person, beyond the circumstances of their death.

Day 2

What did your relationship with them mean to you?



Day 3

What changed most after their death?

Day 4

What question feels hardest to carry?



Day 5

What self-blaming thought do you return to?

Day 6

What evidence shows you cared, tried, or loved them?



Day 7

Write a letter beginning with: "What I need you to know is..."

Day 8

What are you angry about?



Day 9

What feels unfinished?

Day 10

What do you need from family, friends, or work right now?



Day 11

What reminder or anniversary feels difficult?

Day 12

What support plan could help on that day?



Day 13

What memory helps you reconnect with their life rather than only their death?

Day 14

Finish this sentence:



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 / SUICIDE LOSS / ADULTS

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



GRIEF / SUICIDE LOSS / ADULTS

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



GRIEF / SUICIDE LOSS / ADULTS

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



GRIEF / SUICIDE LOSS / ADULTS

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



GRIEF / SUICIDE LOSS / ADULTS

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



Closing reflection

There is no deadline for this page.

A memory I want to keep

What helped, even slightly

What support I need next

Further support: 988 Suicide & Crisis Lifeline resources for loss survivors; American Foundation for Suicide Prevention resources for children, teens, and families.

