



Losses show up in all sorts of ways in our lives. Losing a job, the death of a loved one, a falling-out with a friend – all of these can cause us to grieve what we have lost. The passing of time may lessen the feelings of grief. However, by acknowledging our grief, we tend to our pain and the ways that this pain may be shaping us. Below are prompts for you to think about your loss, quotes to help you pay attention to your grief, and suggestions on how to care for yourself in a small way each day this week.

Day One

Remembrance: When I think about _____, what comes to mind first is _____.

Reflection: “My grief and pain are mine. I have earned them. They are part of me. Only in feeling them do I open myself to the lessons they can teach.” --Anne Wilson Schaef
What have you learned about grief? What has grief taught you about yourself?

Action: Pause for a moment and take five deep breaths.

Day Two

Remembrance: One question I have about what happened is: _____?

Reflection: “...it occurred to me that perhaps grief is as much regret for what we have never had as sorrow for what we have lost.” --David Nicholls
In which ways does this quote resonate with you or not?

Action: What is one task that you’ve been putting off? Set a timer for 20 minutes and make a start on that task.

Day Three

Remembrance: I always wanted to ask you - _____.

Reflection: “Great peace is found in little busy-ness.” --Chaucer
Do you agree with this? Have you found yourself trying to be too busy in order to distract yourself from your pain? What would happen if you slowed down for a moment? What might come up?

Action: Take a 20-minute walk around your neighborhood. Don’t listen to music or podcasts during your walk. Instead, take in the sights and sounds of your neighborhood and let your mind wander. Notice how you feel before the walk and how you feel afterwards.



Day Four

Remembrance: I wish that I had _____. I wish that you had _____.

Reflection: “The refusal to love is the only unbearable thing.” --Madeleine L’Engle
Have you ever regretted loving someone? Who? When? Or why not?

Action: I can’t today, but one day, I’d like to _____.
Spend five minutes journaling or thinking about what you’d like to do and what is holding you back right now.

Day Five

Remembrance: Looking back, I now understand this about myself - _____.

Reflection: “When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us, in a moment of despair or confusion, who can stay with us in an hour of grief or bereavement, who can tolerate not knowing, not curing, not healing, and face with us the reality of our powerlessness, that is a friend who cares.” --Henri Nouwen
Who has supported you during this time?

Action: Call a friend to chat or send a text message letting them know you are thinking of them.

Day Six

Remembrance: Ways that I have changed and/or grown because of this loss - _____.

Reflection: “Gratitude is a fundamental life skill that we need to develop and oftentimes we don’t develop it unless we have to go through adversity.” --Michael Hyatt
Lately, have you found yourself feeling less grateful or more grateful?

Action: Think of five things you are thankful for in your life right now. What keeps you going? What or who has been an encouragement to you?

Day Seven

Remembrance: I’ll never forget _____.

Reflection: What was it like to be more intentional about paying attention to your grief and caring for yourself this week?

Action: Grief can be emotionally and physically exhausting. What can you do to care for yourself? Exercise more? Eat better? Find more social support? Is it time to talk to a counselor? Would reading a book help? Choose one or two actions that will help you feel like you’re giving yourself the extra care that you need right now.

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