

## GRIEF THERAPY WORKSHEET FOR ADULTS

*Write down your grieving story in the box at each stage and see where you stand*

<b><i>SHOCK AND DENIAL</i></b>	<i>E.g this can't happen to me</i>
<b><i>PAIN AND GUILT</i></b>	<i>E.g how could this happen to me</i>
<b><i>ANGR AND BARGAINING</i></b>	<i>E.g just one more chance and i will prove it</i>
<b><i>DEPRESSION</i></b>	<i>E.g im hopeless</i>
<b><i>THE UPWARD TURN</i></b>	<i>E.g future could be better</i>
<b><i>RECONSTRUCTION</i></b>	<i>E.g i will work for future</i>
<b><i>ACCEPTANCE</i></b>	<i>E.g whatever happened has changed me and gave me strength.</i>