

Grief Therapy Worksheet

Name Nicholas Brett		Date 22.01.23	
Which of the following symptoms are you experiencing? Select all that applies, and write down how often.			
☒ Change in appetite	Sometimes	☐ Fear of Death	
☐ Tightness in chest		☒ Blaming self	Often
☐ Anxiety or fear		☒ Poor concentration	Often
☒ Difficulty sleeping	All the time	☐ Anger/Irritability	
☒ Unmotivated	All the time	☒ Racing thoughts	Often
☒ Crying	Often	☐ Loneliness	
☐ Mood swings		☐ Relief or happiness	
☐ Shock		☒ Sadness/Depression	All the time
☐ Dreams about deceased		☒ Numbness	Sometimes
☒ Confusion	All the time	☐ Questioning beliefs	
☒ Low energy/fatigue	All the time	☐ Reckless or dangerous behavior	
☒ Social withdrawal or isolation	Often		
How do you feel right now? I feel really sad and empty since my longtime girlfriend broke up with me. I'm confused as to why, and why this can't be something we work through. I feel angry that she's ruining a good thing, but most of the time, I'm just miserable. I can't concentrate on anything the same, and I'm also so tired from my constant thinking and lack of sleep.			
When do you feel the saddest? I feel the saddest whenever I see things that remind me of her. Can be as simple as someone walking by with her perfume, or one of our favourite songs that comes on the radio. Especially anytime one of her family or friends post to social media, I feel like I can't connect with them anymore. I just get overwhelmingly sad.			
What do you miss right now? I miss her. I miss the stability of our routine and the years of being together. I miss talking with her family and planning our future together.			
Since this loss, how has your life been different? I haven't been talking to people as often, and I find it hard to motivate myself to do anything. I can't concentrate on much, I'm noticing I'm withdrawing, and I also cry often to myself. I also can't sleep well as I just lay awake thinking everything over. My energy is significantly depleted.			

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Describe your triggers Reminders of her - especially anytime her family or friends post on social media. Anything she left in our apartment also makes me sad.	
Describe your current coping mechanisms I spend time alone, and I sleep more often. I spend most of my days just thinking over our relationship, and withdrawing. I know I tend to isolate myself, which isn't great.	
Stages of grief - Explain how each of the 5 stages of grief is affecting you	
Denial - "This isn't happening to me" At first, I didn't really believe she was breaking up with me. I assumed we could fix it, and that she's just in a really bad headspace right now. We've had close calls over the years, and I assumed this was just another one of those.	
Anger - "Why is this happening to me?" I then was really mad at her for ruining what is good. I didn't understand why she'd want to break up after all our years of being together. We know each other so well, and I didn't think there was anyone else better suited for me. Still don't. I was angry at her for throwing something good away.	
Bargaining - "I will do anything for this to be different" To all the points she made, I argued that I can change and be different. We can compromise, and work together to be better people. I was willing to do anything to 'save' us, and I let her know that.	
Depression - "What's the point of life with this loss?" Now I'm at this current stage, where I just feel incredibly depressed most days. I struggle to get out of bed and do normal tasks, and falling asleep is really difficult. I find it hard to feel positive about my future when my future was her, and that's no longer a possibility.	
Acceptance - "I know what happened, and I need to learn to cope" I'm kind of at this stage, but I'm not entirely accepting it yet. I keep thinking that there's a way back, but every now and then I doubt it. I do know I need to get better for myself, and learn to cope more healthily so I can deal with life more easily again.	