



## My Grief Check-In

Grief can change from hour to hour and day to day. There is no 'right' way to feel.

How am I feeling today?

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What has been on my mind most?

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What am I missing today?

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Is there a particular feeling that needs space?

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What feels heavy?

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What feels comforting?

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Who or what could support me today?

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One gentle thing I can do for myself is...

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