



Loneliness & Grief

Grief can feel isolating, even when other people are nearby. Connection does not require you to explain everything.

When do I feel most alone?

Who do I feel safest with?

What makes it hard to reach out?

What do I need from other people?

Listening, company, practical help, distraction or something else?

What responses are unhelpful for me?

Who could sit alongside me without trying to fix things?

What type of connection feels manageable?

One person I could connect with is...
