

Who Am I After Loss?

Loss can change routines, relationships, roles and how we understand ourselves. It can take time to find your footing again.

What has changed in my everyday life?

What role or part of my identity feels different?

What do I miss about who I was before?

What parts of me are still here?

What have I learned about myself?

What feels uncertain about the future?

What would I like to reconnect with?

One part of myself I want to make space for is...