

Understanding My Grief



Grief is a natural response to losing someone or something important. There is no single right way to grieve, and your experience may change over time.



GRIEF IS INDIVIDUAL

There is no timetable or set of stages you have to move through. Your grief may look different from someone else's - and may feel different at different times.



GRIEF AFFECTS THE WHOLE PERSON

Thoughts, emotions, sleep, appetite, energy, concentration, relationships, routines and our sense of connection can all be affected.



FEELINGS CAN COEXIST

Sadness, longing, anger, guilt, numbness, anxiety and even relief can all occur in grief. You may want closeness at one time and space at another.



GRIEF CAN COME IN WAVES

Some moments may feel manageable and others unexpectedly intense. Anniversaries, places, songs, memories and milestones can bring grief closer again.



CHANGING GRIEF DOES NOT MEAN FORGETTING

Over time, life may gradually have more room around the grief. Memories, love, stories, values and connection to what has been lost can remain important.

There is no need to grieve perfectly.

Your experience can be complicated, changeable and uniquely yours.

My Grief Check-In



Use this page to notice what grief is like for you right now. You do not need to make sense of everything or change how you feel - simply notice what is present.

WHAT OR WHO AM I GRIEVING?

Name the person, relationship, role, experience or other loss in whatever way feels right.

WHAT AM I NOTICING INSIDE?

Thoughts, memories, feelings and physical sensations that are showing up for me right now.

HOW IS GRIEF AFFECTING MY EVERYDAY LIFE & RELATIONSHIPS?

Consider routines, work or study, concentration, motivation, connection or anything that feels different.

WHAT FEELS HARDEST RIGHT NOW?

What part of this loss, or this moment, feels especially difficult?

WHAT DO I NEED MOST RIGHT NOW?

Connection, space, practical help, rest, remembering, information, support - or something else.

Using this with your psychologist

You can choose which parts, if any, you would like to bring into a session.