WORKSHEET 142 · FOR THE PSYCHOLOGIST

What I feel in my grief

Every emotion has its place

AIM

Normalise the range of emotions in grief (yearning, sadness, anger, guilt, relief, fear, moments of joy), identify their intensity and what helps to get through them.

WHO IT IS FOR

People surprised or worried by their reactions ("I should be sadder", "I'm ashamed to feel relief").

DURATION

15 min

HOW TO RUN IT

1. Remind them that grief has no compulsory order or form; yearning is often the most present feeling.
2. The person ticks the emotions they feel and their intensity.
3. For each one, they note what triggers it and what helps.
4. Identify an emotion that is hard to say or experienced as "forbidden" and talk about it.

POINTS TO WATCH

> Grief is not an illness: these worksheets offer support and must not push the person to "move on". Watch for signs of prolonged grief (at least 6 to 12 months of intense, pervasive yearning with impairment) and for suicide risk, especially the wish to be reunited with the person.

REFERENCES

Maciejewski, P. K., Zhang, B., Block, S. D. & Prigerson, H. G. (2007). An empirical examination of the stage theory of grief. JAMA, 297(7), 716-723.

Worden, J. W. (2018). Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner (5th ed.). Springer.

PSYCHOLOGIST'S NOTES

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WORKSHEET 142 · WORKSHEET TO HAND OUT

What I feel in my grief

Grief isn't only sadness. You can feel longing, anger, guilt, fear, relief after a long illness, and even moments of joy. All these emotions are normal and can exist at the same time.

1. Read each emotion in the table and rate its intensity from 0 to 10.
2. Write what triggers it these days.
3. Write what helps you when it appears.
4. Circle an emotion you find hard to say out loud.

Emotion	Intensity (0-10)	What triggers it	What helps me

The emotion I find hard to say, and whom I could talk to about it:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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