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| WORKING THROUGH THE STAGES OF GRIEF |
| **I’M MOURNING** | **I WANT TO ACCEPT** |
| Describe what you need to go through the stages of grief for. | Validate to yourself that this is something to grieve over and why. Note how you survived and/or thrived despite this loss. |
| Describe the steps you plan to take to turn this situation around for your, and possibly others’, good. Encourage yourself by noting how you will grow from this hardship. |
| List the positive things, maybe even silver linings, that came as a result of this situation. |
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