

The Grief Anniversary Worksheet

Name _____

Year _____

Event _____

Experience: What types of anniversary grief reactions are you currently experiencing or do you anticipate?

EMOTIONAL

PHYSICAL

SOCIAL

BEHAVIORAL

SPIRITUAL

OTHER

Memories: What do you want to remember and acknowledge on this special day?

Objects: What objects, photos, scents, jewelry, music, or other elements do you want to have with you on this day?

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WHO DO YOU WANT TO CONNECT WITH?

WHO DO YOU WANT TO AVOID?

Activities: What types of rituals, actions, or new traditions will you implement to honor this special day? In the left hand column make a list. Use the right frame to sketch out any ideas you have.

Coping Skills: What are a few skillful ways you can redirect your attention or distract yourself if you feel overwhelmed?

| | | |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Breathe | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Count to 10 | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Call a friend | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Self-compassion Mantra: Write down a kind and comforting sentence that you can say to yourself to cultivate a sense of self-compassion on this special day.

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