

It can be helpful to understand more about your own feelings and experiences. This can be true at any time in your life. When we are grieving many of our feelings are very difficult to understand. The following exercise can help you to better identify your own feelings and experiences. It can also help you to share them with others. Circle or check any of the following that are true for you since your loved one died:

- I have felt confused.
- I have felt worried.
- I have felt sad.
- I have felt frustrated.
- I have felt angry.
- I have felt afraid.
- I have had problems with eating.
- My feelings have been overwhelming.
- I have not felt very strong feelings.
- I do not know how I feel.
- I have felt calm.
- I have had problems sleeping.
- I have felt happy.
- I have had difficulty concentrating or thinking.
- I am not able to keep track of things in my life.
- I sometimes forget that the person I love has died.
- I have had problems with seeing, hearing, smelling or tasting things.
- I have had problems with how my clothes fit, how things feel against my skin.
- I have had other kinds of physical problems or feelings that I can't explain.
- I want to talk about how I feel, but I don't know how.
- I have not felt or experienced any of the above.
- I have been in physical pain.
- I have felt guilty.
- I have felt tired.
- I do not like thinking about the person I love who has died.
- I want to think about the person I love who has died.
- I want to talk more about some of the things I checked above.
- There are things I feel or have experienced that are not on this checklist.
- There are things I want to know about _____'s death.
- I do not want any more information about _____'s death.
- I don't know how things will change since _____died.
- I am worried about how things will change since _____died.
- I want someone to talk with me about the changes in my life that may happen now.
- I know who I would like to talk with.
- I would like to talk to _____.

The Hosparus Health Grief Counseling Center offers the area's most comprehensive programs and services for children, adolescents, adults and families who are grieving the death of someone in their lives. Services include individual, group and family counseling, as well as education, support and special events designed to help people through their grief journeys. **For an appointment or to speak with a grief counselor, please call the Hosparus Health Grief Counseling Center at 502-456-5451 or 888-345-8197.**

It is okay if you checked off many of the things on the list above, and it is okay if you checked only a few, or none. If you would like to know more about any of the things on the above list, you can circle them above.

If you want to talk about experiences or concerns that are not on the checklist, you can also write those below:

This information is very important and should be shared with someone you trust. Feel free to talk about or write about these things as well. Sharing with someone else can be very helpful when you are grieving because it can help you feel more calm and help you know that you are not alone in your grief. It is also important to know that all the feelings and experiences on this paper are normal when we are grieving a person we love who has died.

(Reprinted from Finding Your Own Way to Grieve, by Karla Helbert)