

TRUE-U

Understanding & Navigating Grief

A gentle, supportive workbook to help you process grief at your own pace and in your own way.

Grief is a natural response to loss. It can take many forms and there is no right or wrong way to grieve. This workbook offers a space for reflection, allowing you to explore your feelings with compassion and care.

1. Your Experience of Loss

What loss are you experiencing? This may be a person, relationship, life change or something meaningful to you.

2. Your Emotions

What emotions have you been experiencing? (e.g. sadness, anger, confusion, numbness)

3. How Grief Shows Up

How is grief showing up for you day-to-day? (thoughts, behaviours, physical sensations)

4. Remembering

What memories or thoughts come up when you reflect on what has been lost?

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5. What You Miss

What do you miss most? What feels hardest right now?

6. Support Around You

Who or what has supported you during this time? What support might you need?

7. Self-Compassion

How can you be gentle and kind with yourself during this time? What do you need right now?

8. Continuing Bonds

In what ways can you stay connected to what you have lost (memories, rituals, meaning)?

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9. Moving Forward Gently

What does moving forward look like for you, while still honouring your experience?

10. Small Steps

What is one small, manageable step you can take to care for yourself today?
