

Weekly Grief Check In

Overview

Grief doesn't always announce itself loudly. Sometimes it shows up quietly—in your energy, your thoughts, or your body. This weekly check-in is a gentle way to pause, notice how you're really doing, and offer yourself care without pressure to "fix" anything.

There are no right answers. This is simply a moment to reflect, name what's present, and move into the next week with a little more awareness and compassion.

Weekly Grief *Check In*

Date:

1. How has grief shown up for me this week? (emotionally, mentally, physically, or behaviorally)
2. What emotions have been most present? (Check any that apply)
 - ☐ Sadness
 - ☐ Anger
 - ☐ Guilt
 - ☐ Numbness
 - ☐ Anxiety
 - ☐ Relief
 - ☐ Loneliness
 - ☐ Confusion
 - ☐ Gratitude
 - ☐ Other
3. How has my energy been this week?
 - ☐ Very low
 - ☐ Low

☐ Moderate

☐ High

4. What felt especially hard this week?
5. What felt supportive, grounding, or slightly easier?
6. Did anything trigger or intensify your grief? (anniversary, birthday, conversations, memories, stress, etc.)
7. One thing I am proud of myself for this week (big or small, both count!)
8. What do I need more of next week? (support, rest, structure, space, routine, flexibility, etc.)
9. One gentle intention for the coming week (not a goal - just a focus)
10. A reminder I want to carry with me.