

DEPUNGLING PRACTICE

MY GRIEF TODAY

A simple reflection for days when grief changes shape

Grief does not always feel the same. Some moments can feel very heavy, while others may feel quieter or ordinary. This does not make your love or your loss any less real.

Today, my grief feels...

- ☐ Very heavy ☐ Heavy ☐ Up and down
☐ Manageable ☐ Quiet today ☐ I don't really know

What brought my grief closer today?

What was I feeling?

- ☐ Sad ☐ Angry ☐ Guilty ☐ Lonely ☐ Numb ☐ Anxious ☐ Tired ☐ Other: _____

What did I notice in myself?

In my body: _____

In my thoughts: _____

GETTING THROUGH THE WAVE

You do not have to fix your grief. You only need to find what helps you through this moment.

What helped me get through it?

Do I ever feel guilty for having an okay moment?

☐ Often ☐ Sometimes ☐ Rarely ☐ Not at the moment

If yes, what would I like to remind myself?

I can give myself permission to...

☐ Rest ☐ Laugh ☐ Cry ☐ Keep living my life ☐ Ask for support ☐ Take things slowly

“Having a good moment does not mean I love or miss my mum any less.”

Something I want to be gentle with myself about today:

BEFORE YOU CLOSE THIS REFLECTION

What do I need right now?

☐ Rest ☐ Someone to talk to ☐ Time alone ☐ A hug ☐ A distraction ☐ To let myself cry

Something I would like to bring to my next session:

DePungle Practice Reflection Series • DP-RS-002

Leaving people better equipped than when they arrived.