

It's hard to get out of bed in the morning.	I can't help but cry when I hear a particular song.	I hate that life is going on as if nothing has happened.	I am easily irritated
I am angry at everything.	I can't concentrate	I don't want to do anything.	I have lost interest in everything.
I'm not strong enough to deal with this	I feel lost. I don't know who I am anymore.	This has been going on for so long, I should be feeling better by now	I wasn't a good wife/ husband/friend/son/ daughter etc.
I feel upset when I smell a certain fragrance.	I cry for no reason	I feel like I'm losing my mind.	How will I ever be able to move forward from this?
People say they know how I feel, but they don't.	I feel overwhelmed.	Life will never be normal again.	I feel alone, even when people surround me
I feel cheated out of my plans.	I will never feel better.	I am so forgetful lately.	I need to talk about my loss all the time.
I avoid talking about my loss at all costs.	What is wrong with me?	No one understands what I'm going through.	My life stopped when I lost my loved one.
I can't keep track of my thoughts.	It feels like a heavyweight has settled on my heart.	I find it hard to sleep.	I feel numb.

Whispers of the Heart: Embracing the loneliness of loss

Reflecting on your grief symptoms

1. a) Which of the symptoms circled in the previous step makes you feel most alone? Why is this?

b) How does it feel to know that others also experience some of the same grief symptoms?
2. Were you surprised to learn that others commonly experience many of these grief symptoms? If so, why was this surprising to you?
3. a) Many people learn not to show their feelings, particularly if it might cause embarrassment or discomfort. What would you like people to know about your thoughts and feelings right now?

b) In what ways do you think it would be helpful to share these thoughts and feelings with others?

Now, complete the following statements:

I know and understand that I am not alone in my grief because...

Whispers of the Heart: Embracing the loneliness of loss

- How did you feel now compared to when you began the exercise?

Broken Mirror Metaphor

Physical Self: Nutrition, Sleep, Exercise

1. Before your loss, what activities helped you take care of your physical self?

2. Since your loss, what activities have helped you take care of your physical self?

Social Self: What do your relationships look like; how do you spend your time with others

3. Before your loss, what activities helped you feel connected with others?

4. Since your loss, what activities have helped you feel connected with others?

Whispers of the Heart: Embracing the loneliness of loss

Mental Self: sleep, goal setting, engage your mind, meditation/prayer

5. Before your loss, what activities helped you take care of your mental self?

6. Since your loss, what activities have helped you take care of your mental self?

Restoration

From your responses to the previous steps, what activities related to your **physical self** would you like to try immediately?

From your responses to the previous steps, what activities related to your **social self** would you like to try immediately?

From your responses to the previous steps, what activities related to your **mental self** would you like to try immediately?

