



Aging	$\overline{\bigcirc}$	Affection	$\overline{\bigcirc}$	A Crisis	$\overline{\bigcirc}$	Attachment Style	$\overline{\bigcirc}$	My Actions	7
Appearance	\bigcirc	Divorce	\bigcirc	A Death	\bigcirc	Abandonment	\bigcirc	My Addictions	٦
Career	\bigcirc	Estrangement		A Disability	\bigcirc	Adopted	\bigcirc	My Ambition	٦
Children	0	Faith	0	A Disaster	\bigcirc	Bullied	0	My Anger	٦
Culture	Ŏ	Family	Ŏ	A Failure	Ŏ	Incarcerated	Ŏ	My Attitude	٦
Divorce	\bigcirc	Freedom	0	An Act of God	\bigcirc	Neglected	\bigcirc	My Choices	
Dreams	\bigcirc	Friendship		An Addiction	\bigcirc	Child Birth	\bigcirc	My Dishonesty	
Financial	\bigcirc	Health	0	An Illness	\bigcirc	Community Violence	\circ	My Effort	Ī
Friendships	\bigcirc	Identity	\bigcirc	Manipulation	\bigcirc	Discrimination	\circ	My Empathy	٦
Health	\bigcirc	Income		Being Ostracized	\bigcirc	Emotional Abuse	\bigcirc	My Forgiveness	
Legal	\bigcirc	Career/Job		Crime Victim	\bigcirc	Family Violence	0	My Integrity	Ī
Lifestyle	\bigcirc	Lifestyle	0	Falsely Accused	\bigcirc	Infertility	\circ	My Kindness	٦
Location	\circ	Loved One	0	Family Issues	\bigcirc	Miscarriage	0	My Negligence	٦
Marriage	O	Memory	O	First Responder	O	Physical Abuse	O	My Parenting	٦
Mobility	Ŏ	Relationship	Ŏ	Genocide	Ŏ	Psychological Abuse	Ŏ	My Patience	٦
Relationship	\bigcirc	Respect/Influence	0	Refugee/Immigrant	\bigcirc	Severe Injury	\circ	My Relationships	٦
Retirement	\circ	Safety	0	Rejection	\bigcirc	Sexual Abuse	\circ	My Self-Harm	٦
Sexual desire	Ō	Security	Ō	Self-Esteem Issues	Ō	Surgery	Ó	My Sexuality	Ī
Sexual Frequency	\bigcirc	Talent	0	Severe Accident	\bigcirc	Witnessing Trauma	\bigcirc	My Thoughts	7
Social Life	\bigcirc	Trust		War/Military	\bigcirc	Viewing Trauma	\bigcirc	Survivors Guilt	٦

Different Types of Grief

The Ways We Grieve

1	My Grief Score	2	My Grief Score	
Kinds of Grief	How I Dealt With It	Kinds of Grief	How I Dealt With It	
Current Notes: Score		Current Notes: Score		
3	My Grief Score	4	My Grief Score	
Kinds of Grief	How I Dealt With It	Kinds of Grief	How I Dealt With It	
Current Notes: Score		Current Notes: Score		