

Facing Your Grief

1. My ultimate goal is to:

3. My first challenge will be:

4. After completing your first challenge, fill out the rest of the table below. Once you have completed the challenge make sure to reward yourself with:

2. I can expose myself slowly in steps:

EASIEST:

EASIER:

MIDDLE:

HARDER:

HARDEST:

	BEFORE THE CHALLENGE:			DURING THE CHALLENGE:		AFTER THE CHALLENGE:	
CHALLENGE	Date & Time	Time Length	Grief Before	How did you feel?	What were your thoughts?	What did you learn?	Grief After
<i>Ex: Look at my daughter's clothes</i>	<i>Ex: Monday, 6:00 pm</i>	<i>Ex: 5 min</i>	<i>Ex: 8</i>	<i>Ex: Scared and tense</i>	<i>Ex: I won't be able to do this</i>	<i>Ex: I was able to cope with the sadness.</i>	<i>Ex: 6</i>