

Grief Sentence Completion Task

Complete the sentences below as honestly as possible. Consider your feelings in the moment about these statements before writing them down. Feel free to take a moment to reflect if you are unsure.

I feel

I am sad when

Things that have changed since the loss are

The thing that I miss most about this person is



If I could talk to the person I lost one more time, I would say

One memory that I hold dear is

A lesson that I learned from the person I lost is

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