

## Grieving and Monitoring Difficult Times

After losing a loved one, the fear surrounding an up-and-coming occasion may be worse than the event itself.

Use the following table to keep track of experiences of difficult times and monitor their intensity along with positive and negative emotions:

- List each activity and occasion down the left-hand side of the table
- Score the intensity of the grief (0 - none at all, 5 - extremely)
- List negative and positive emotions experienced
- Capture any thoughts or helpful comments

Event/activity/ occasion	Intensity of grief (0-5)	Negative emotions	Positive emotions	Thoughts/comments

Event/activity/ occasion	Intensity of grief (0-5)	Negative emotions	Positive emotions	Thoughts/comments

Monitoring the experience and effect of such occasions will help you plan for future difficult times while recognizing they are often not as bad as expected.

Dr. Jeremy Sutton