

SPIRITUAL & EXISTENTIAL

GRIEF & HEALING

THE GENTLE SUPPORT PLAN

THE PROBLEM

Grief has no universal schedule, and the pressure to move on can leave a grieving person feeling more isolated and misunderstood.

1 LET GRIEF BE HONEST

Grief can change from hour to hour. There is no correct order or deadline.

- ☐ Shock
- ☐ Sadness
- ☐ Anger
- ☐ Guilt
- ☐ Relief
- ☐ Numbness

WHAT TODAY FEELS LIKE: _____

2 CHOOSE HEALTHY SUPPORT

You may need emotional, spiritual, social, and practical support at different times.

- ☐ Counselor / group
- ☐ Faith / ritual
- ☐ Trusted friend
- ☐ Practical help
- ☐ Rest / routine

PERSON OR RESOURCE: _____

3 CREATE REMEMBRANCE

A personal ritual can honor the love without pretending the loss did not happen.

- ☐ Tell a story
- ☐ Keep an object
- ☐ Visit a place
- ☐ Make / give something
- ☐ Mark a date

MY REMEMBRANCE PRACTICE: _____

ONE GENTLE ACTION TODAY

Choose the support or remembrance that feels possible - not perfect - today.

TELL ONE
PERSON

ACCEPT ONE
HELP

CHOOSE ONE
REMEMBRANCE

THE ACTION I CAN TAKE TODAY: _____

WHO CAN HELP?

Hospice, funeral home, counselor, church, grief group, hospital, or estate service.

BRING THIS TOOL
TO THE CONVERSATION.

HEALING DOES NOT ERASE LOVE.

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General grief-support tool only. If you may harm yourself or cannot stay safe, contact emergency services or crisis support immediately.