

PrideSpace Worksheet

Grief Sentence Completion

Take a moment to fill in the sentences below. Take some deep breaths and let the first thing that comes to your mind with each statement guide the sentence you write. There are no wrongs or rights – and its completely normal to cry. If you get overwhelmed, take a break, place both feet on the ground and try some deep and calming breaths to recentre yourself.

Right now, I feel...

I feel the sadness when...

The thing I miss most about the person I lost is...

Since the loss, things have been different because...

My family usually feels...

If I could ask the person I lost one thing, I would ask....

Something I liked about the person who I lost was...

One thing I learned from the person who I lost is...