Grief Energy Budget

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person has limited energy after a significant loss.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Match available energy with essential tasks and optional support.

3. What can be reduced or shared?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.