

Naming What Has Changed

Grief and life transitions | Adults | 10 to 15 minutes

Recognize the main loss and the everyday changes surrounding it.

A loss can change more than one relationship or role. It may affect routines, identity, finances, community, or a future you expected. This page helps you name what has changed without requiring you to explain every detail or feel a particular way.

Map the changes

Start with the loss in the words you prefer. Then consider changes that came with it: who checks on you, who handles a task, where you belong, or what a familiar place now feels like. Some changes may seem small to others and still matter deeply to you.

Choose one area for support

You do not need to address every change today. Circle one that is especially difficult or one where help feels possible. Separate what needs emotional company from what needs practical assistance. For example, missing a shared meal may call for companionship, while paperwork may call for concrete help.

The loss or transition I want to name today is

Changes in my routines, roles, or expected future include

One change other people may not notice is

The kind of support I want first and whom I might ask are