

Grief and Everyday Care | Explore

What I Carry and What I Need Today

Adults | 8 to 10 minutes | Worksheet

Identify one present grief-related burden and a practical or relational need.

You can acknowledge a loss without describing the full story. This page makes room for what is difficult today and for one kind of support. It does not ask you to find a lesson or a positive meaning.

How to use this page

Use a word, drawing, short note, or conversation. Name the loss only if you want to. Choose a manageable part; you can stop or return another day.

Notice the present burden

What is taking the most effort today: a reminder, a task, a changed role, loneliness, other people's expectations, or something else? You do not need to explain why it is hard. Different burdens may be important on different days.

Identify the need beneath it

Would information, rest, food, company, privacy, practical assistance, or a professional conversation help? A need is worth naming even when there is no easy way to meet it. Be honest about access, cost, time, and the people available.

PK04-03 | continued

Choose what is possible now

Name one step small enough for today, or choose to postpone a decision. You might ask someone to sit quietly, reduce an obligation, or write a question for an appointment. If the first support is unavailable, consider a second option without turning the search into another large task.

1. What feels heavy or different today?**2. The care, information, or space I need****3. One possible step, a support person, or permission to postpone**

PK04-03 | continued**Facilitator notes and adaptation**

Offer grounding in the room or a break if reflection becomes overwhelming, without requiring body-focused exercises. Address access and material needs directly; do not make insight a prerequisite for assistance.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA06 | National Institutes of Health, News in Health | Navigating Grief

<https://newsinhealth.nih.gov/2026/07/navigating-grief>

PA07 | National Institutes of Health Clinical Center | Kind Ways to Support Someone Who Is Grieving

<https://www.cc.nih.gov/bereavement/support>