Grief and Everyday Care | Review

What Kind of Support Fits Now?

Adults | 5 to 10 minutes | Worksheet

Review changing grief needs and decide what support to keep or revise.

Grief needs can change without following a schedule. A helpful action last week may feel wrong today. This review is about fit and support, not how far along you should be.

How to use this page

Think about a recent support, activity, or plan that did not happen. You can use a few words and leave the rest blank. There is no score to calculate.

Notice the effect and the cost

Did the action offer company, ease a task, protect privacy, or create more pressure? Consider effort as well as any relief. It is possible to value something and still decide it is too demanding right now.

If nothing happened

Was the plan too large, the person unavailable, the need different, or the timing wrong? You may simply have chosen not to do it. That information can guide a different plan without becoming a judgment about your commitment.

Choose the next support

Keep one useful part, ask for a change, stop an activity, or arrange another conversation. If distress or difficulty managing daily life continues, consider additional professional support. You can seek help alongside friends, community, or spiritual care rather than having to choose only one source.

Original educational material. Not a validated assessment or treatment protocol.

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1. What helped, added pressure, or did not happen?

2. What I need more or less of now

3. One support to keep, change, stop, or seek

Facilitator notes and adaptation

Do not infer recovery or deterioration from a single response. Consider functioning, safety, culture, and the wider context through appropriate professional assessment when indicated.

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.

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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

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