

Grief

What My Grief Needs Today

Adults | 10 to 15 minutes

Grief may change across moments and situations. You may want company, practical help, remembrance, distraction, or privacy, and those wishes can coexist. Choose today's needs without deciding how your whole grieving process should unfold.

Use one recent moment, not the entire story of the loss. You may leave names and event details unwritten.

Notice the moment

Describe what was happening when grief became noticeable, including an ordinary reminder or a quiet period. Name what you needed then rather than judging the size of the reaction.

Choose a fitting response

Consider a specific request: help with a meal, company during paperwork, space from advice, or a chosen way to remember. A request can be revised if it does not fit.

1. What moment brought my grief into focus?**2. What did I need then, even if I could not ask?****3. Which expectation from others does not fit my experience?****4. What small request or choice would support me today?****Clinical use and adaptation**

Do not enforce stages, closure, positive meaning, or a timeline. Explore cultural and relationship context. Assess persistent impairment, trauma, depression, and safety when indicated, while allowing ordinary variation in grief.