

Communicating Your Needs When You are Grieving Webinar Worksheet

1. Definitions of Grief

- Grief is the normal and natural emotional response to significant loss of any kind.
 - Grief is the conflicting group of human emotions caused by a change or an end to a familiar pattern of behavior.
 - Grief is the feelings associated with reaching out for someone who has always been there, only to find out that when you need them one more time, they aren't there.
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2. Grief Myths & Assumptions

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|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |
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3. What you Really Need to Hear

What are some things that speak to you so far in the webinar today?

4. Identifying your Needs

Physical

Emotional

Social

Spiritual

Cognitive

Grief symptoms affect each of these areas. For more information see
<http://www.stages-of-grief-recovery.com/grief-symptoms.html>

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5. Finding People to Help

Make some notes of ideas that come to mind of who may be able to help you at this time.

6. How to politely let others know if what they are offering isn't helpful

What needs would you like to communicate with those who care about you?

7. Specific Ways to Share Your Needs