Grief for the Past, Present, and Future

Giving different losses room to exist

Grief can include sadness, anger, relief, hope, and regret at the same time. You do not need to choose one emotion.

TAKE YOUR TIME Choose one time period or question. This worksheet is a reflection tool, not an exercise in forgiveness.

1. **Past: What have I lost, or what did I wish had happened differently?**

2. **Present: What reality or unmet need is difficult to acknowledge?**

3. **Future: What hoped-for possibility feels uncertain or changed?**

4. **What feelings accompany these losses, without judging them?**

5. **What might I want to honor, remember, or let go of?**

6. **What compassionate statement would I offer someone facing a similar loss?**

EDUCATIONAL SOURCES

Marlow-MaCoy, A. (2022). Grief and Narcissistic Relationships: Clinical Skills to Process Past, Present and Future Losses. PESI.