

GLOBAL GRIEF NETWORK

Grief Practitioner Toolkit

Practical working tools for grief support

For GGN Certified Somatic Grief Support Practitioners
and participants in GGN Grief First Aid and Grief Accomplice

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Toolkit Guide and complete set of tools | Edition 1 | 2026

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GLOBAL GRIEF NETWORK | CLIENT WORKSHEET

Memory Map

Practice Worksheet

About this page: A memory map is a way to gather the many pieces of a life and a relationship in one place. Write their name in the center, then add words, phrases, or small drawings in any box. There is no order, and you can come back to it any time.

Places we shared

Sounds and songs

Tastes and smells

Things they used to say

MY PERSON

_____

their name

What they taught me

Traditions and rituals

Moments that made us laugh

What I carry forward

Some memories are tender, and some are complicated or painful. All of them can belong here, and any box can stay empty. If this brings up more than you expected, pause, look around the room, and reach out to someone you trust.

Going a little deeper

A memory I want to keep close

Something I would like other people to know about them

How I would like to remember them on ordinary days

What I noticed while making this map

My name

Date

In immediate danger: call 911. 988 Suicide & Crisis Lifeline: call or text **988** (US). Elsewhere, use your local emergency number and crisis line.

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GLOBAL GRIEF NETWORK | CLIENT WORKSHEET

Letter to My Loved One

Practice Worksheet

About this page: Writing to someone who has died can be a way to say what was left unsaid, share news, ask questions, or simply feel close. There are no rules. You can write to a person, a pet, or something you have lost.

If you are not sure how to start

You might choose one or two of these openings, or ignore them all:

"I remember..."
A moment, a place, a smell, a voice.

"I wish I had told you..."
Something left unsaid.

"Since you have been gone..."
What has changed, and what you want them to know.

"I am sorry for..." or "I forgive..."
If something feels unfinished between you.

"Thank you for..."
What they gave you, big or small.

"I am carrying you with me by..."
How they are still part of your life.

Dear

Date

Continued

With love (or however you would like to sign)

Afterward: ways to honor your letter

- Keep it somewhere special, or in a memory box.
- Read it aloud at a meaningful place, or to someone you trust.
- Share it with your practitioner, if you would like.
- Write another letter later. Many people write more than one.

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GLOBAL GRIEF NETWORK | CLIENT WORKSHEET

Anniversary and Hard Days Plan

Practice Worksheet

About this page: Birthdays, holidays, and the anniversary of a death can bring strong waves of grief. The days leading up to them can be hard too. Planning ahead does not take the grief away, but it can help you feel less caught off guard.

Dates that may be hard this year

Date	What day it is	What might be hard	What I would like to do	Who I want with me

Planning for one important day

The day I am planning for

Date

In the days before, I will

Morning

Afternoon

Evening

Someone who will check in on me

Ways I might honor them (check any)

- ☐ Visit a meaningful place
- ☐ Share stories or photos
- ☐ Spend time in nature
- ☐ Try something new
- ☐ Cook or eat their favorite food
- ☐ Do something kind in their name
- ☐ Play their music
- ☐ Write to them (Tool 5.2)
- ☐ Light a candle
- ☐ Give to a cause they cared about
- ☐ Rest quietly
- ☐ Other

If the day is harder than I expected, I will

Things I can say "no" to this year

After the day: what I learned for next time

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