GLOBAL GRIEF NETWORK | LEARNER TOOLS

Learner Tools

Journals, conversation guides, checklists, and worksheets for people who are grieving



These tools are for you, the person who is grieving. Use them on your own, with someone you trust, or alongside a GGN course. Pick one that fits what you are facing right now. You do not need to use them all, in order, or perfectly.

Print PDF

Print at actual size on US Letter paper and write by hand.

Fillable PDF

Type into the boxes with a free PDF reader, then save a copy for yourself.

DOCX

Open in Word or Google Docs to edit, add space, or translate.

Your privacy

What you write is yours. Keep completed pages somewhere private and share only if you choose.

The tools

Tool	Type	Length	Formats
01 Reflection Journal: Eight Weeks of Prompts	Journal	10 pages	PDF, Fillable PDF, DOCX
02 Conversation Guide: Talking With Family	Conversation guides	2 pages	PDF, Fillable PDF, DOCX

Tool	Type	Length	Formats
03 Conversation Guide: Talking With Your Employer	Conversation guides	2 pages	PDF, Fillable PDF, DOCX
04 Conversation Guide: Talking With Friends	Conversation guides	2 pages	PDF, Fillable PDF, DOCX
05 Conversation Guide: Talking With Children	Conversation guides	2 pages	PDF, Fillable PDF, DOCX
06 Checklist: The First Weeks After a Death	Checklists	2 pages	PDF, Fillable PDF, DOCX
07 Checklist: Preparing for Holidays and Anniversaries	Checklists	2 pages	PDF, Fillable PDF, DOCX
08 Checklist: Returning to Work	Checklists	2 pages	PDF, Fillable PDF, DOCX
09 My Support Plan	Support planning	2 pages	PDF, Fillable PDF, DOCX
10 Worksheet: Riding the Waves	Worksheets and exercises	2 pages	PDF, Fillable PDF, DOCX
11 Worksheet: Both Sides of My Week	Worksheets and exercises	2 pages	PDF, Fillable PDF, DOCX
12 Worksheet: Carrying Them With Me	Worksheets and exercises	2 pages	PDF, Fillable PDF, DOCX
13 Exercise: What I Want People to Know	Worksheets and exercises	2 pages	PDF, Fillable PDF, DOCX
14 Worksheet: Questions I Am Carrying	Worksheets and exercises	2 pages	PDF, Fillable PDF, DOCX

About these tools

GGN Learner Tools are education and self-reflection resources. They are not mental health treatment, counseling, or medical care, and they do not assess or diagnose. If grief feels unbearable, is not easing, or you are worried about your safety, please reach out to a licensed professional.

Help is available, any time

If you or someone else is in immediate danger, call 911 (or your local emergency number).

988 Suicide & Crisis Lifeline: call or text **988**, or chat at 988lifeline.org (United States). Free, confidential, 24 hours a day.

Outside the United States, contact your local emergency number and crisis line.

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