GLOBAL GRIEF NETWORK | LEARNER TOOLS

Worksheet: Riding the Waves

Worksheet | Noticing grief bursts and what helps



About this page: Grief often arrives in waves, sometimes called grief bursts. Noticing when they come and what helps can make them feel less like ambushes. This is for your own learning, not a score.

My wave log

Over a week or two, jot down a few waves. Keep it brief.

When	What set it off (if anything)	What I felt in my body	What helped	Strength (0 to 10)

Looking back

Patterns I notice (times, places, reminders)

Reminders I can plan for, and how

My wave plan

When a wave comes, I can first

Then I can

Someone I can tell

Words I can say to myself

Example words: "This is a wave. It is strong, and it will ease." "I miss them because I love them."

> **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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