GLOBAL GRIEF NETWORK | LEARNER TOOLS

Worksheet: Both Sides of My Week

Worksheet | Breaks Belong: time with grief and time with life



About this page: GGN calls this idea Breaks Belong: grieving people often move back and forth between facing the loss and living with the changes in everyday life. Both matter, and taking breaks from grief is a healthy part of grieving. This worksheet helps you notice your own balance.

Facing the loss

For example: remembering, crying, looking at photos, visiting a grave, talking about them, writing to them.

Living with the changes

For example: handling paperwork, learning new tasks, seeing friends, resting, enjoying something, taking a break from grief.

My week

Day	Time spent facing the loss	Time spent with life and changes	A break I took
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Reflection

Which side did I spend more time on this week? How did that feel?

Is there something I have been avoiding that I might gently turn toward?

Is there a break, rest, or pleasure I could allow myself without guilt?

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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