GLOBAL GRIEF NETWORK | LEARNER TOOLS

Worksheet: Questions I Am Carrying

Worksheet | Making meaning, one question at a time



About this page: Loss can shake our sense of who we are, what we believe, and what matters. This worksheet does not ask you to find answers. It gives your questions somewhere to land.

The questions

Questions that keep coming back to me since the loss

Questions I may never get answers to, and how it feels to hold them

What has shifted

	Before the loss	Now
How I see myself		
What I believe		
What matters most to me		
How I see the future		

Small threads of meaning

Moments, people, or ideas that have given me some steadiness or meaning lately

Someone I could talk with about these questions (a friend, a faith leader, a group, a professional)

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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