



What Am I Grieving?

Naming what was lost, what changed, and what still matters

Recovery can bring relief, clarity, and possibility. It can also make room for grief that was previously numbed, avoided, postponed, or buried under crisis. Grief is not limited to death. I may be grieving relationships, time, trust, health, opportunities, identity, a future I expected, or even parts of a lifestyle I know I cannot safely return to.

Grief is not proof that I am moving backward. Sometimes it means I am finally able to feel what I could not fully face before.

My Loss Map

I do not have to decide which loss is most important. I can start by naming what is actually here.

What I Lost

A person, relationship, opportunity, role, health, time, trust, money, or something else that is gone.

What Changed

Something that still exists, but is no longer the same as it was before.

What I Still Reach For

Something I keep hoping I can get back, undo, repair, or make different.

What Still Matters

What I miss, value, love, regret, or want to honor because this loss mattered to me.

The loss I have had the least room to grieve is:



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Understanding how grief moves through me

Grief does not always look like sadness. It can show up as anger, numbness, irritability, guilt, regret, longing, resentment, fear, exhaustion, or the urge to stay constantly distracted. Sometimes I keep fighting the loss because accepting that something is gone feels like agreeing that it should have happened. Acceptance does not require approval. It means becoming willing to work with what is true now.

Follow the Grief Instead of Fighting It

1. What I Feel

When I think about the loss, what emotion shows up first? What might be underneath it?



2. What I Do With It

Do I isolate, stay busy, avoid reminders, reach for relief, replay what should have happened, or do something else?



3. What It Costs Me

How is the way I am carrying this grief affecting my recovery, relationships, energy, or ability to be present?



4. What It May Need

If I stopped trying to make the loss disappear, what might it need from me instead: time, honesty, tears, support, remembrance, forgiveness, acceptance, or something else?



What Am I Grieving?

Carrying loss without letting it become the whole story

Moving forward does not require me to stop caring about what I lost. It does not require me to forget, approve, replace, or make the loss meaningful before I am ready. The work may be learning how to carry what happened while continuing to participate in the life that is still here.

What I Cannot Change / What I Can Choose Now

What I Cannot Change

What is gone, different, or outside my control even though I may wish it were otherwise?

What I Can Choose Now

What still belongs to me: how I respond, who I ask for help, what I protect, what I honor, and how I keep living.

What I Carry Forward

What can I honor, remember, learn from, or carry with me from what was lost without requiring the past to become different?

The part of my life that still needs me is:

Moving forward does not erase what mattered. I can tell the truth about what I lost, allow it to matter, and still continue building a life that has room for meaning, connection, and hope.