GRIEF COPING SKILLS REFLECTION WORKSHEET

Coping strategies are the efforts you put forth to manage grief – some are adaptive and helpful while others are not. Keep this paper handy throughout the week and record what you witness – without judgement. You may also fill in rows with coping methods of which you are already aware.

When I feel	My body feels	My emotions are	My response is to act/behave/do/	Keep/Watch/Replace