



Processing Tool

Grief

Anchor Phrase: It is perfectly natural to grieve what I have lost
and the losses yet to come.

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When our loved one receives a diagnosis and we find ourselves thrust into the role of caregiver, the short or sometimes long-term trajectory takes a turn. With this can come grief about many things: the future we thought we would have that may no longer be available to us, the relationships that change, the adjustments to our working life, the anticipatory grief of one day losing our person.

It is perfectly natural to grieve what you have lost and the losses yet to come and it can be helpful to take time to untangle those feelings. In the table below, list some of things you may be grieving, how that grief shows up in your body, what may trigger those feelings, and if you've found any strategies to help.

WHAT AM I GRIEVING?	WHAT DOES THAT FEEL LIKE IN MY BODY?	WHAT TRIGGERS THESE FEELINGS?	WHAT STRATEGIES MIGHT HELP?