

When Your Health Changed

Give room to the grief that comes when your body or your health changes.

WHEN TO USE THIS

Use this when you are mourning what you used to be able to do.

What can you no longer do that you never used to think about?

Both columns are true at once. Fill in whichever comes easier first.

WHAT I HAVE LOST

WHAT IS STILL MINE

This is a real loss, even though nobody died and even though you are still here. It deserves to be grieved.

What do you miss most about who you were before?

You are allowed to grieve a life you did not lose all at once.