

From Loss . . . to Life!

Transform your life after traumatic loss

DOWNLOADABLE WORKSHEETS

© 2020 by Beth Bolthouse, MA, MS, LPC

All rights reserved. These worksheets may be reproduced for educational and therapeutic use. No parts may be stored in a retrieval system or transmitted, in any form or by any means, without prior written permission from the publisher. Inquiries concerning reproduction outside the scope described should be sent to Soul Seasons Publishing, P.O. Box 195, Lowell, Michigan 49331 (www.soulseasonspublishing.com).

SECTION 1: GRIEF EXPLORED

Type of Loss	Emotions	Behaviors	Communications
<i>EXAMPLE: Death of my cat</i>	<i>Sad, upset, angry</i>	<i>Crying, isolating</i>	<i>“Don’t be upset; we can get another cat tomorrow.”</i>

Discuss or write about the loss you would like to work through as you use this workbook.

The Loss: _____

Initial Reaction: _____

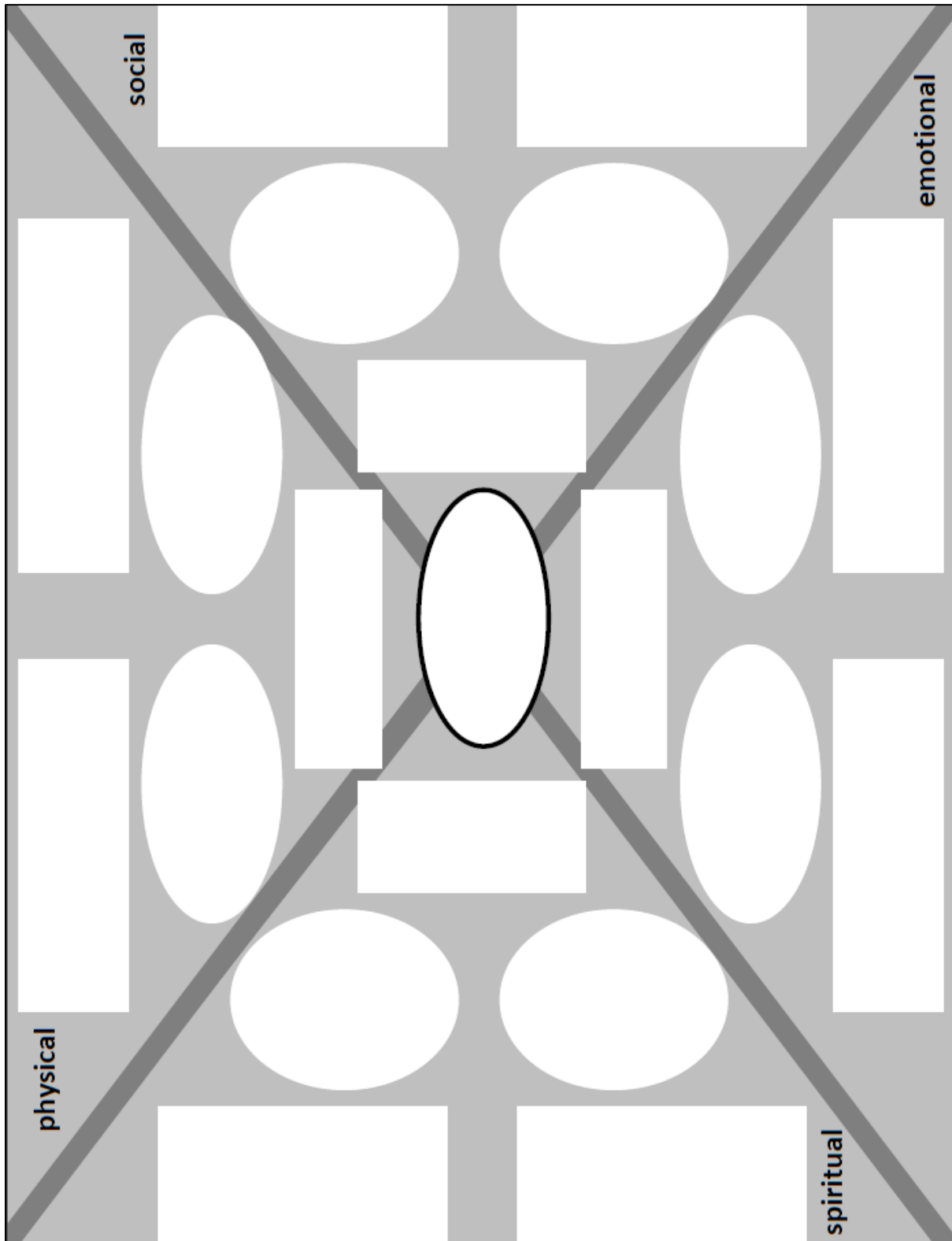
Who supported you? _____

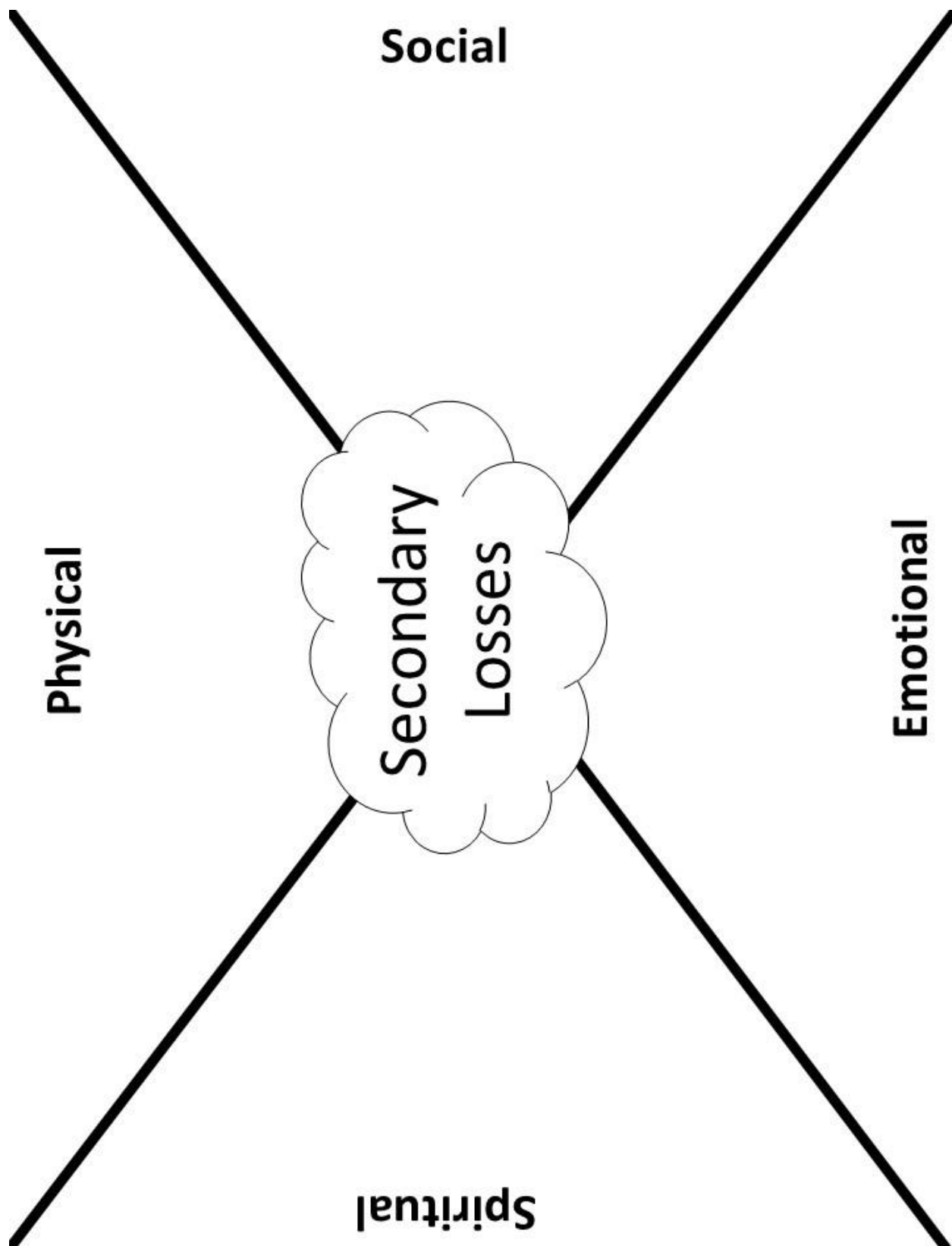
What was the first year like for you? _____

What helped you? _____

What mistakes do you feel you made because of this loss? _____

LEVELS OF LOSS





ACKNOWLEDGING MY STRENGTHS

My personality type is: _____

What surprised you about these results? _____

Was anything confirmed for you regarding your personality style? _____

In reading the side-bar listings (communication style, learning style, etc.), do you agree or disagree, and why/why not? _____

What, if anything, in these results differ from how you saw yourself before your loss? _____

Other comments? _____

My S.M.A.R.T. Goal

Specific goal: Write one sentence describing something you would like to accomplish over the next 6 months.

By the end of 6 months, I would like to _____

This is important to me because _____

How will this make my life better? _____

Measurable: Write a list of ways I will know I am meeting my goal. _____

Attainable: Can I realistically accomplish in the next 6 months? _____

What motivates you to accomplish this goal? _____

Relevant: How does this goal have meaning and purpose in my life at the present time?

Time-bound: What date or timeframe will I plan to meet this goal? _____

SECTION 2: APPRECIATION FOR LIFE

- ☐ Resentment _____
- ☐ Envy _____
- ☐ Pride _____
- ☐ Worry/anxiety _____
- ☐ Victim-thinking _____
- ☐ Jealousy _____
- ☐ Toxic people/relationships _____
- ☐ Not feeling purposeful or useful _____
- ☐ Fear _____
- ☐ Pressure from society/family/expectations _____
- ☐ Clutter and accumulated “stuff” _____
- ☐ Gossipers _____
- ☐ Other “baggage” _____
- ☐ Non-essential items _____
- ☐ Drama _____
- ☐ Chaos _____
- ☐ Misunderstandings _____
- ☐ Hate _____
- ☐ Self-doubt _____
- ☐ Pessimism _____
- ☐ Negativity _____

POSITIVE COPING SKILLS

- ☐ Set boundaries _____
- ☐ Reached out to someone safe for support _____
- ☐ Journalled my feelings and thoughts _____
- ☐ Took time for self-care _____
- ☐ Cried _____
- ☐ Said “No” without guilt _____
- ☐ Went to a support group _____
- ☐ Noticed the beauty of nature _____
- ☐ Connected with spirituality _____
- ☐ Expressed my grief through art or music _____
- ☐ Expressed kindness to another _____
- ☐ Took a mental health day _____
- ☐ Meditated or prayed _____
- ☐ Exercised _____
- ☐ Ate a delicious meal _____
- ☐ Expressed gratitude _____
- ☐ Took a nap _____
- ☐ Did something in honor or memory of my loved one _____
- ☐ Got up, got dressed, and accomplished something meaningful _____

Challenging Your Beliefs

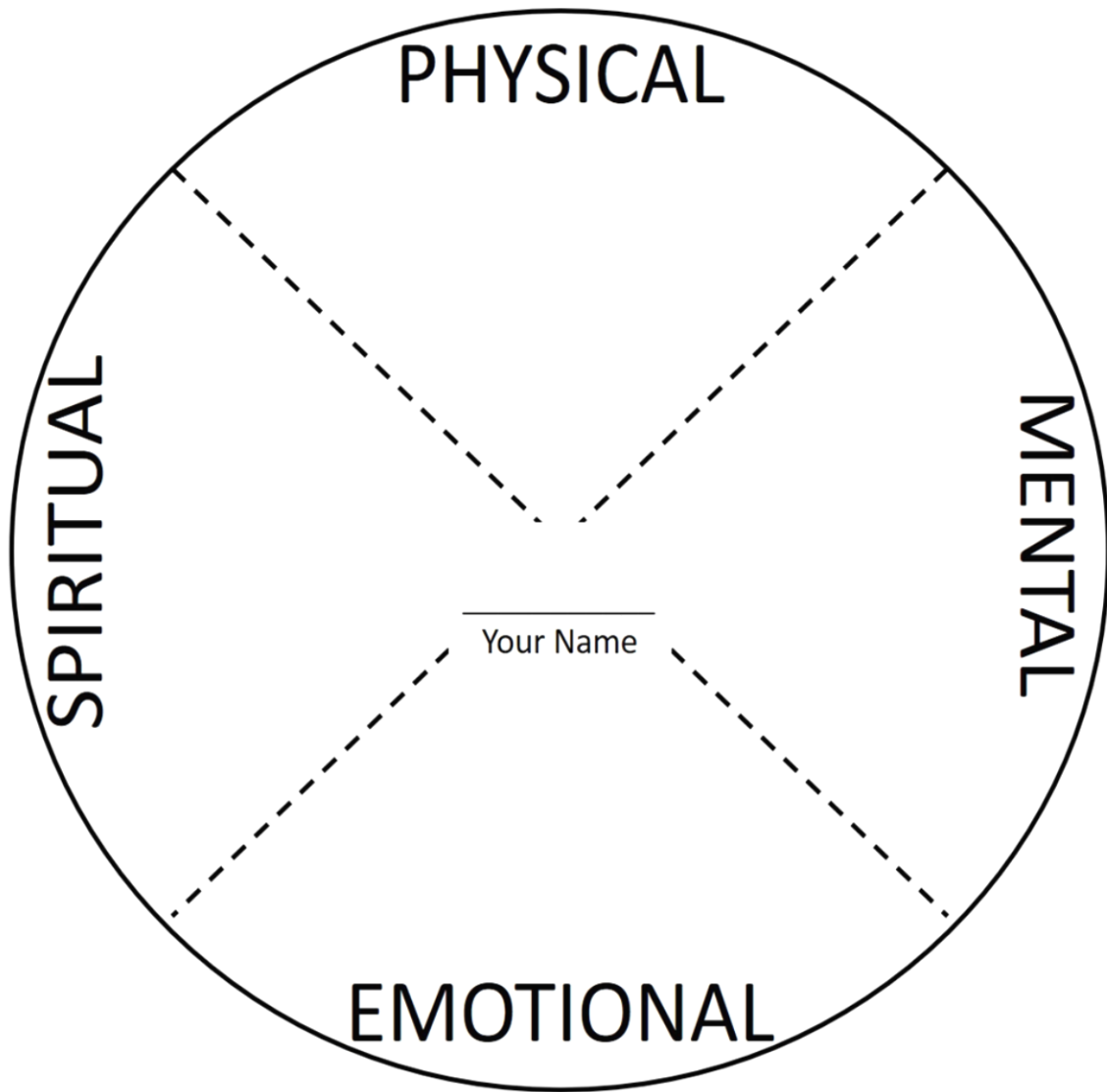
About...	Before my loss, I believed...	After my loss, I believe...
Myself		
Others		
The World		
God or Spirituality		

What is something you question now that you did not question before your loss? _____

What is something you doubt now that you felt confident about before your loss? _____

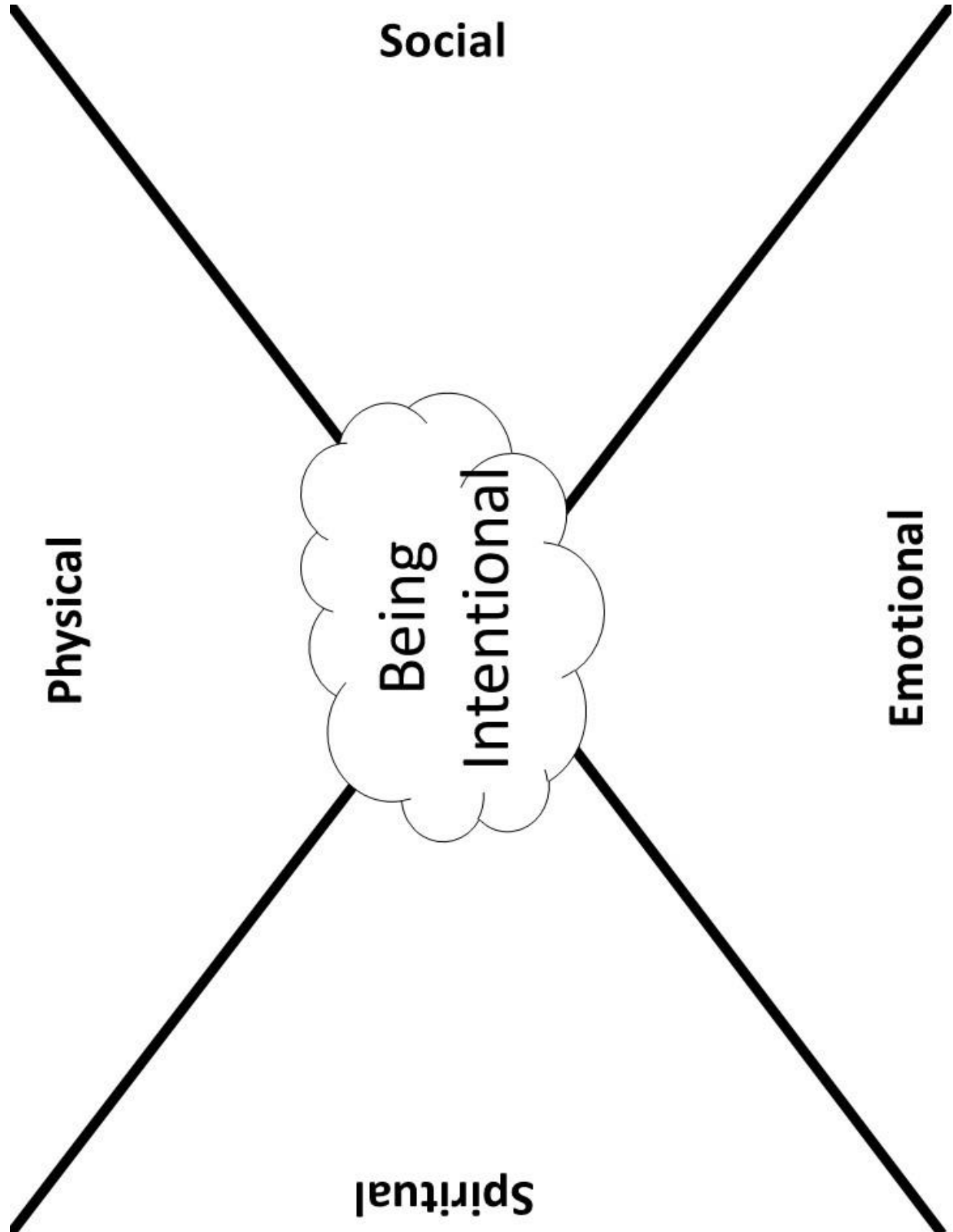
What fears are you aware of now that used to be minimal or not an issue prior to your loss? _

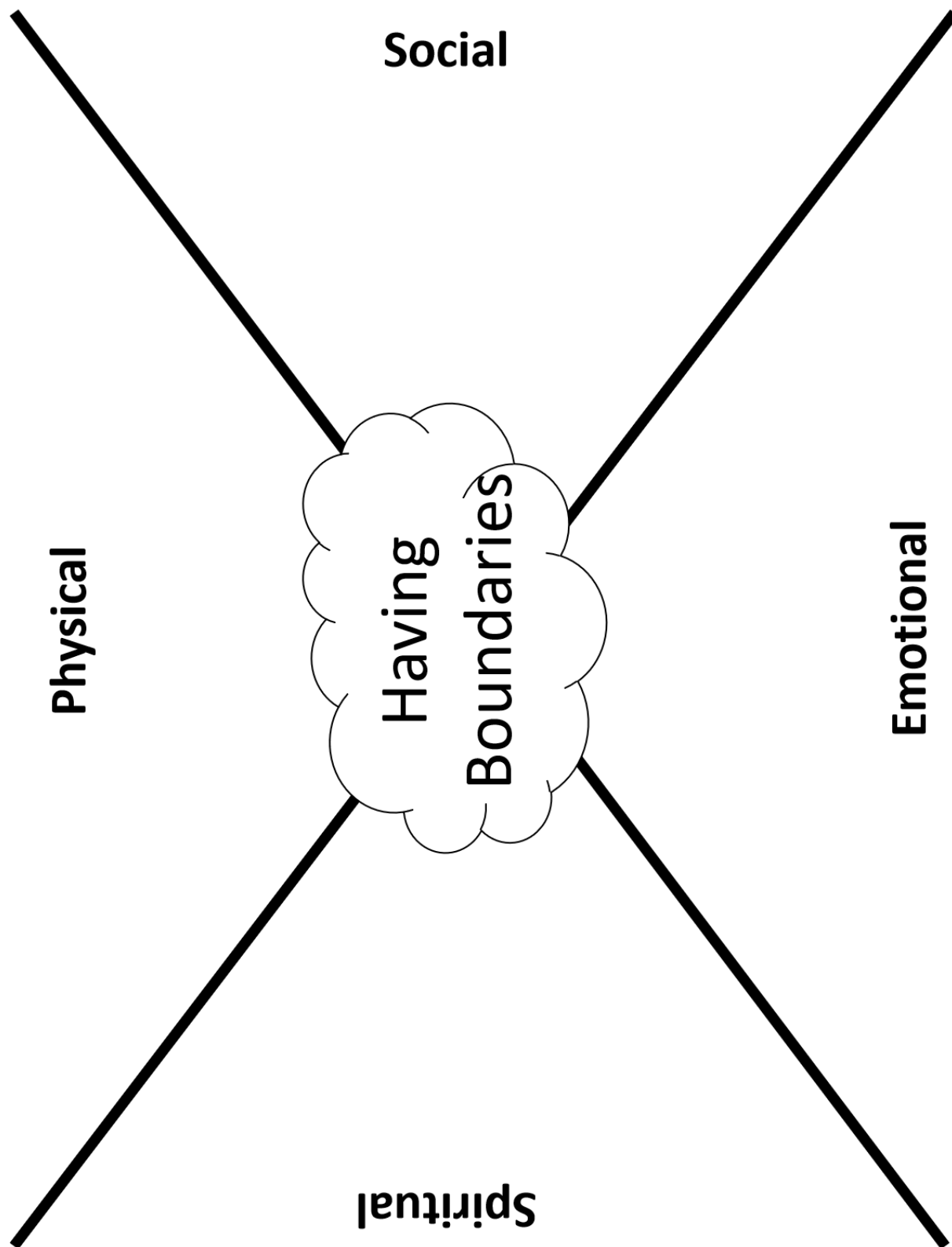
MY BOUNDARY CIRCLE



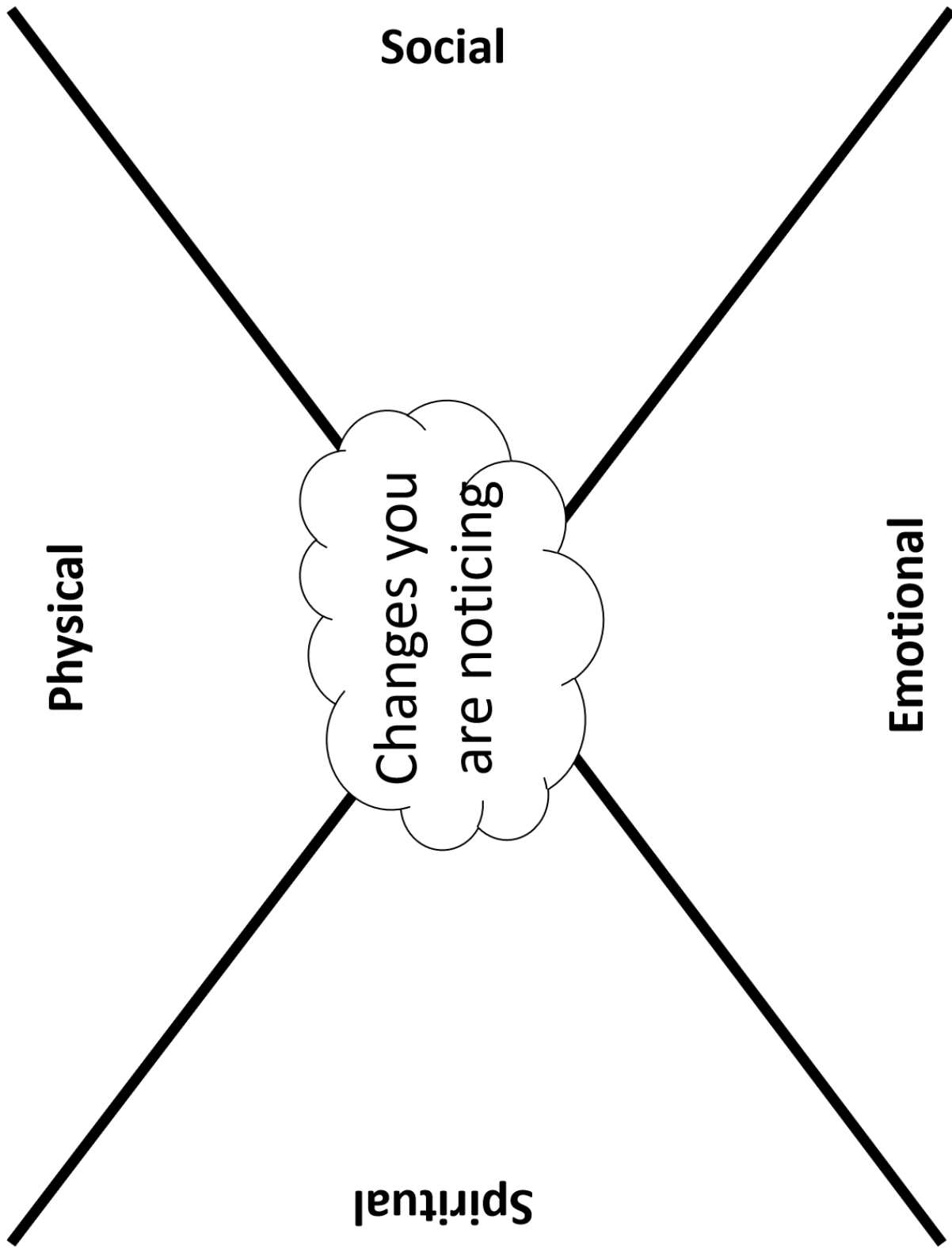
© Beth Bolthouse

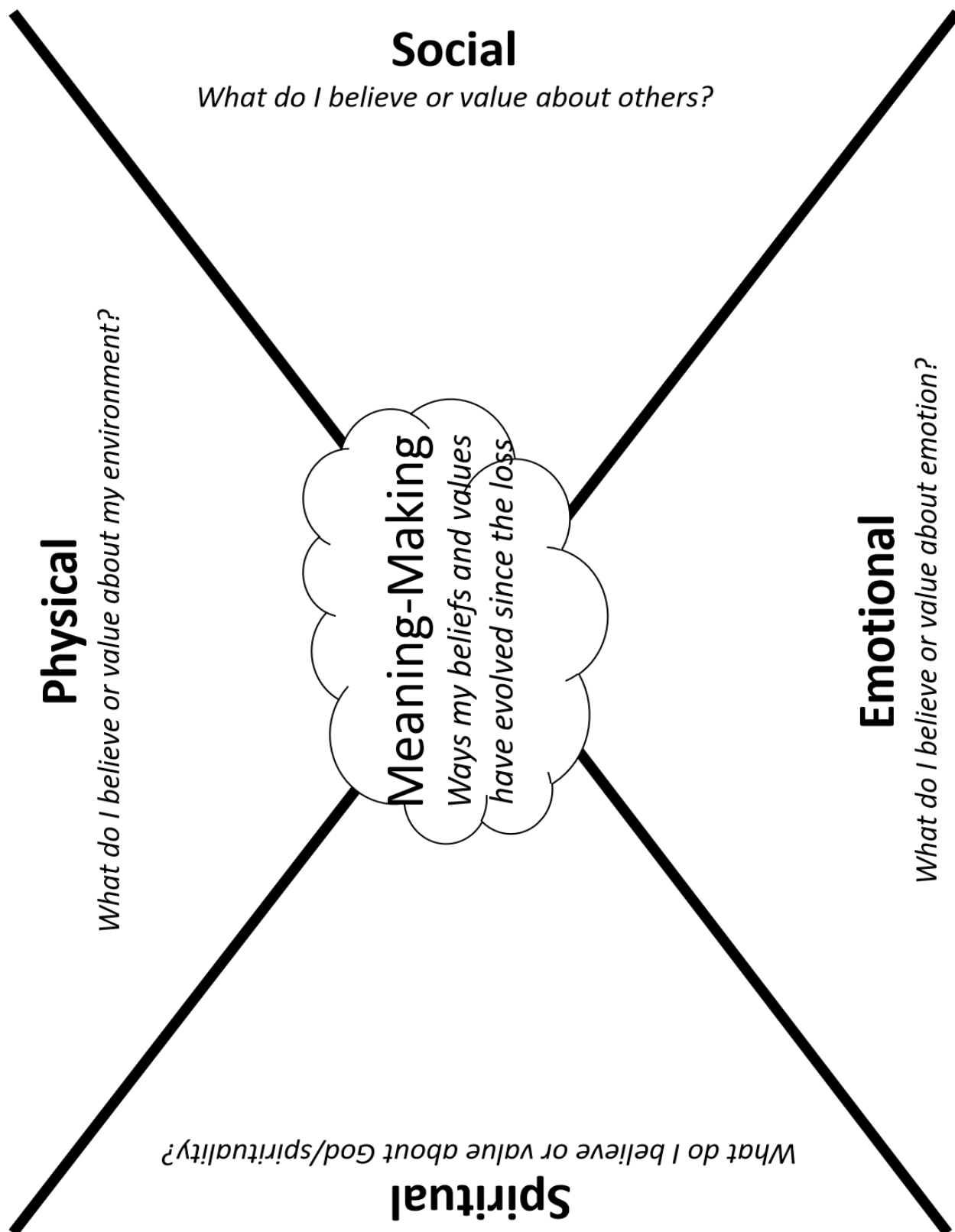
SECTION 3: HEALTHIER RELATIONSHIPS WITH SELF AND OTHERS





SECTION 4: PERSONAL STRENGTH





DEVELOPING AN IDENTITY STATEMENT

1. My skills and abilities are (what I like to do): _____

2. My personality traits are (how I relate to people and situations):_____

3. My values, dreams, and passions are (what motivates me and energizes me): _____

Now, combine these three lists into one or two sentences:

I am a person who _____

[illegible]

SECTION 5: NEW POSSIBILITIES

REFLECTING

- Imagine what your life would be like or what you would have become if this had not happened? _____

- Are there any benefits to the grief experience? _____

- What has this loss opened your eyes to see differently? _____

- What are you experiencing differently in your life now? _____

- How do you continue to change or evolve since the loss? _____

LETTER TO MYSELF

Using the template below, write a letter to yourself expressing how things *were*,
how things *have changed*, and *everything in between*.

Dear _____,

I suffered an unimaginable loss _____ months/years ago. It left me feeling _____

It has changed _____

It was hard to believe life would ever be good again. But today, I can affirm that the following positives have taken place in my life:

Physical: _____

Emotional: _____

Social: _____

Spiritual: _____

In addition, I am evolving into a person who *<incorporate from purpose statement in section four along with any other positive affirmations>* _____

Although life has changed, and I continue to have times when I miss _____, my eyes have been opened to see the following changes:

Physical: _____

Emotional: _____

Social: _____

Spiritual: _____

If I had not gone through this loss, I would still be _____

I can see now that grieving _____ has had some benefits for me, including:

Physical: _____

Emotional: _____

Social: _____

Spiritual: _____

I will continue to love myself and look to the future with hope, even as I continue to miss

_____ ,

knowing that I am a better person because of what I have gone through.

With Love,

Me

Coping Technique: Continuing positive growth

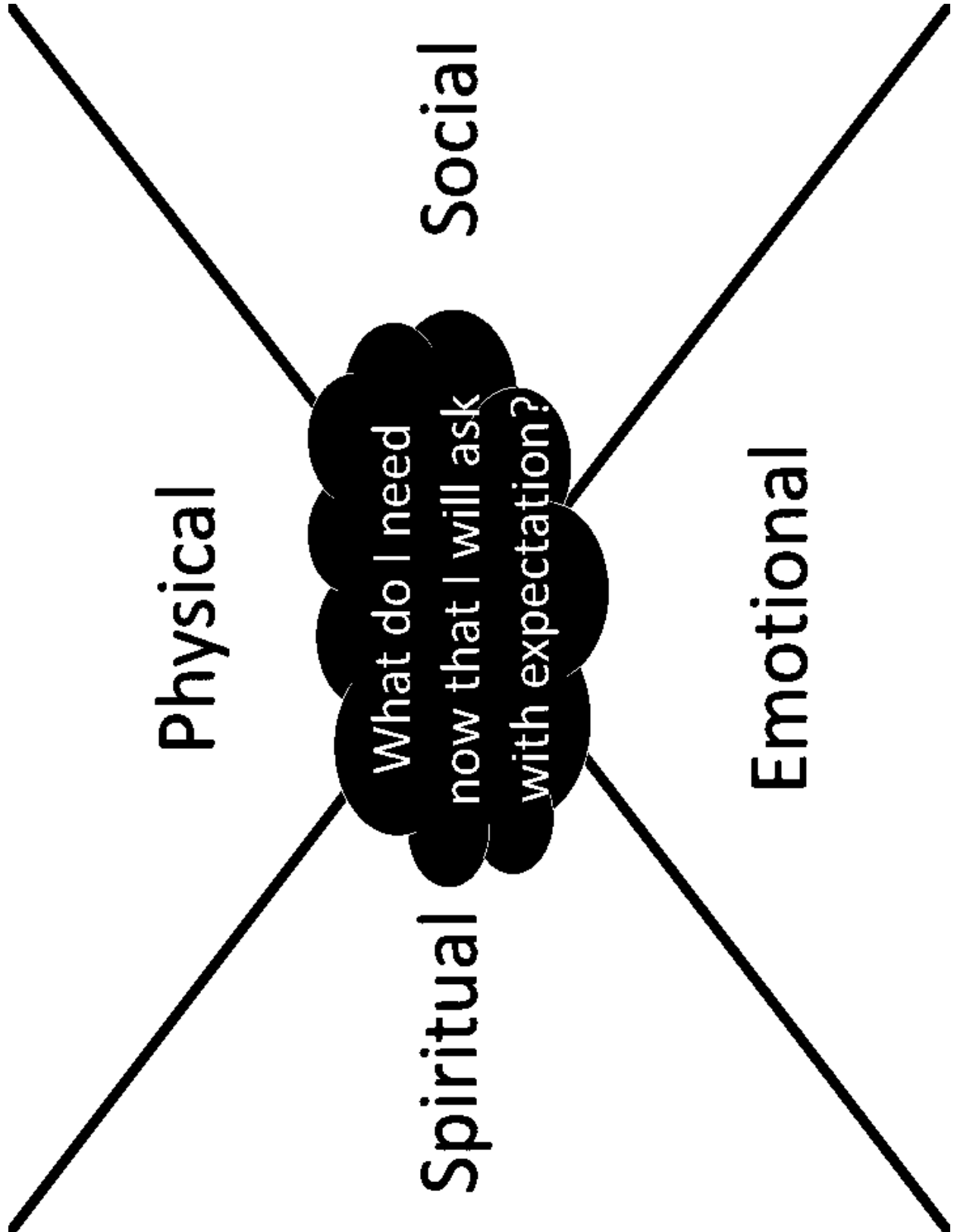
Accountability – I will utilize the following person(s) and activities to ensure I continue to grow in positive ways: _____

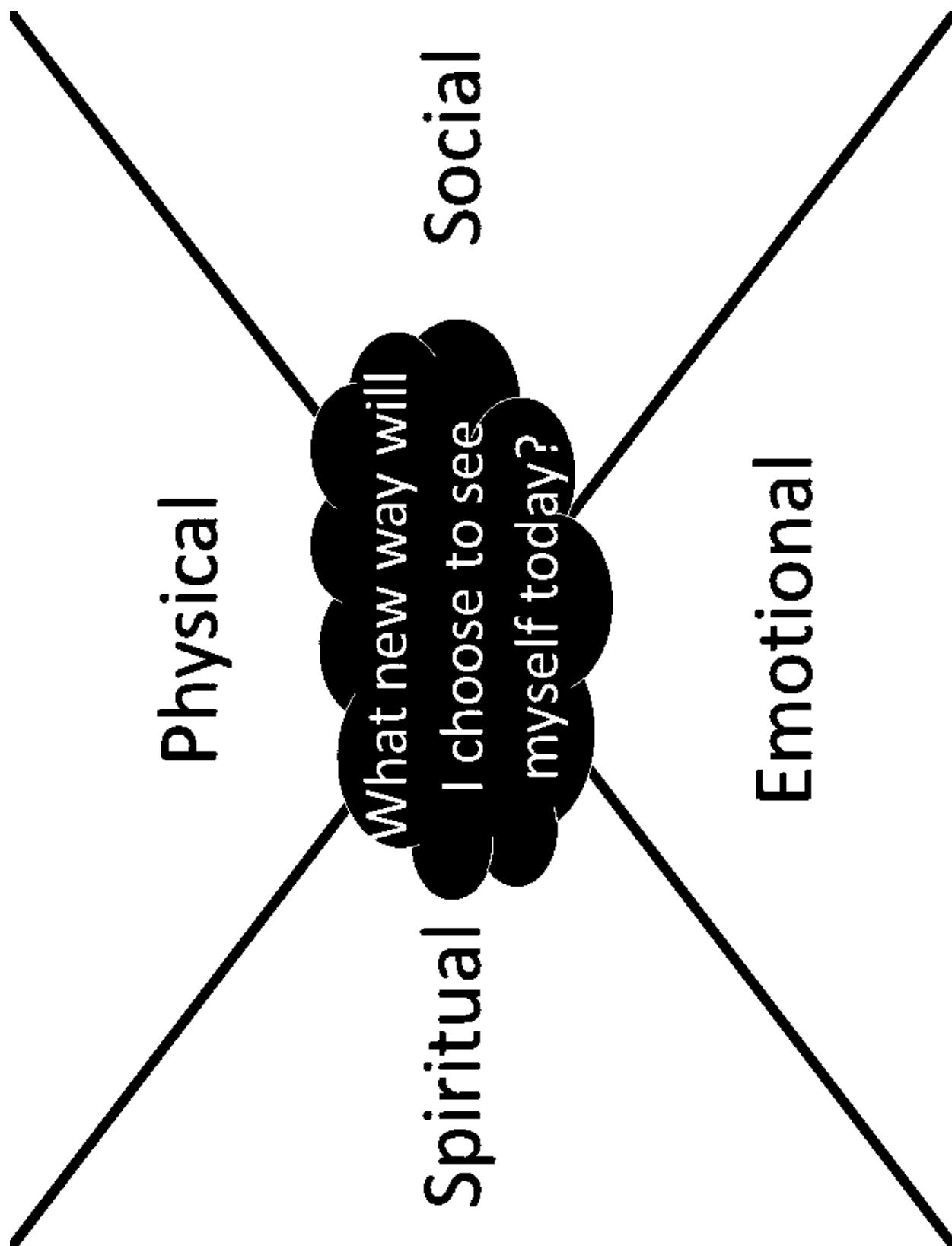
Mindfulness – I will continue using the following mindful techniques: _____

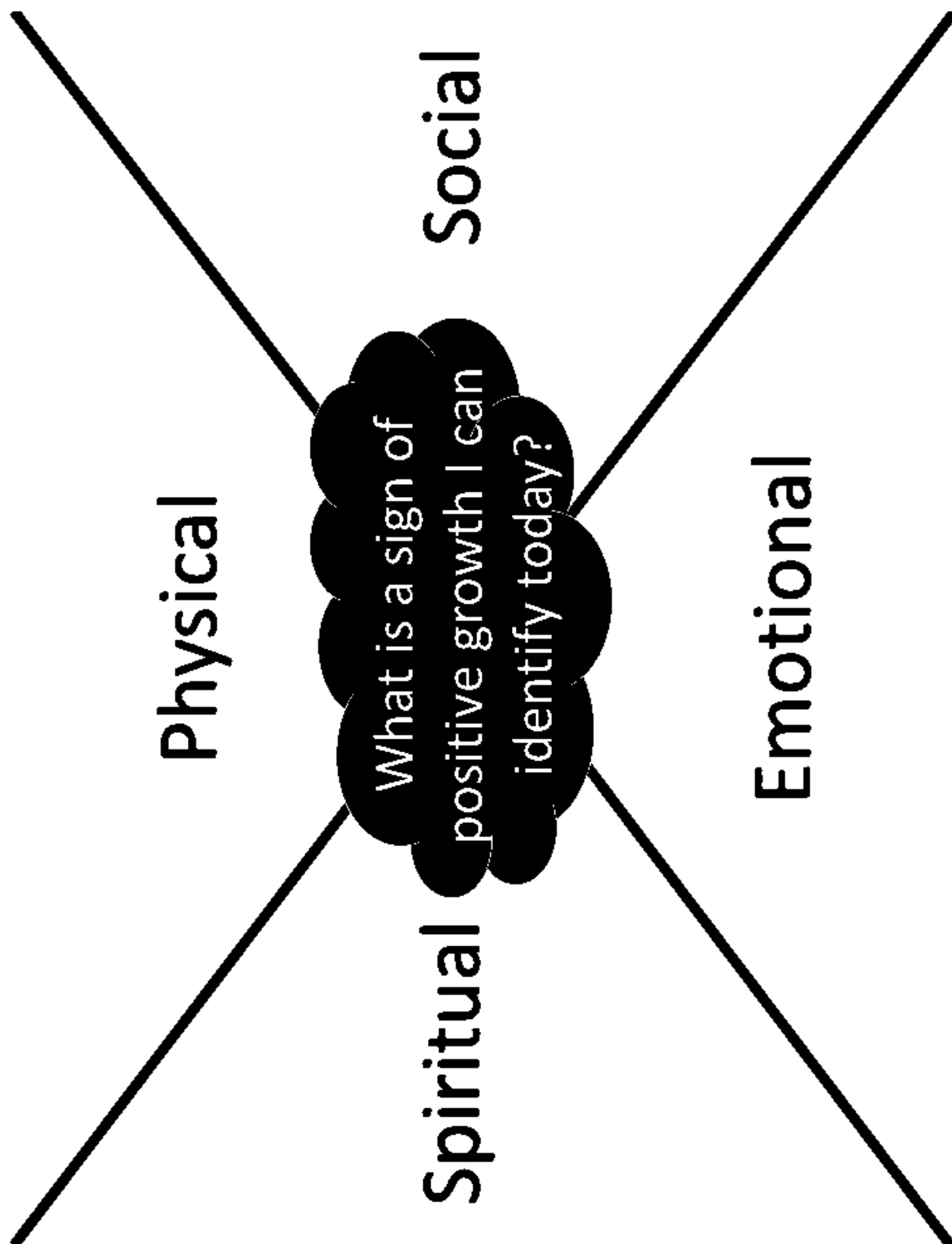
Outreach – I will give back or volunteer in the following way(s): _____

Legacy – I will continue to develop my legacy by: _____

SECTION 6: SPIRITUAL GROWTH







CONTINUING ON

As you reflect on this journey, what have you learned most about yourself? _____

How did your 6-month goal unfold? Did you make changes and adjust things as needed based on how you have been growing? Did you give yourself permission to let go of it and choose something different? Did you decide it was worth completing and continue working toward it?

Write a few thoughts about this part of the journey: _____

How will you continue the process of posttraumatic growth? What will help you stay focused on making healthy choices, staying true to yourself, living life in meaningful ways while still allowing grief its place when necessary? _____
