



A strange new world



The days and weeks following someone important to us dying can feel like a weird, weird time. When it starts to sink in that they have died, lots of big new thoughts and feelings can start to show up. As with everything in the Grief Galaxy, this will be personal to you, and it's ok if new thoughts and feelings didn't show up for you.

What was going through my head:

How I slept:

What I worried about:

What helped me to cope:

My name is Worry.





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Who I felt close to:

What happened that made me feel happy:



Who showed up and was kind:

Who didn't help and made things harder:

How things felt in my family:





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If you don't know how to answer the questions, use this page to draw or write whatever you feel like.

