

Progress Worksheet

You can measure the progress you have made in adjusting to your loss by identifying certain feelings and behaviors which have come about as you feel better. Complete the following statements to discover those areas in which you have progressed.

I will always remember the happy/funny time when:

I have made the following decisions during this past month:

I have discovered the following capabilities in myself that I never knew I had:

This has been a tragic experience, but I have changed and grown because of it. I have learned:

I have become:

I now feel like I have regained some control in these areas of my life:

I feel hopeful:

I am making these plans for my future:

My loved one has died. Although I believe that relationships never die and that my love for the person, I lost will go on forever. I can now release him or her and say goodbye.