GRIEF-INFORMED

Grief Rhythm Tracker

Notice movement between loss, restoration, connection, and rest.

FOR	Teens and adults	**TIME**	15-20 min

Grief rarely moves in a straight line. This tracker helps notice how attention shifts between contact with loss and the tasks of continuing life, without prescribing a correct pace.

HOW TO USE

Complete this tool collaboratively or review it together afterward. Adapt language, pace, and format to the person's formulation, culture, access needs, capacity, risk, and preferences.

TOPICS: Grief / Loss / Adjustment

01

Contact with loss

Name what drew you toward the loss today.

Memory, reminder, feeling, or longing

What showed up?

What the grief seemed to need

Witnessing, tears, ritual, words, company, privacy, or something else.

How you responded

What helped, what did not, and what was unavailable?

02

Contact with continuing life

Restoration is not betrayal or forgetting.

A task, relationship, role, or moment of respite

What asked for your attention?

What it was like to step toward life

Include guilt, relief, numbness, connection, or mixed feelings.

What support made this possible?

People, routines, places, beliefs, or practical help.

03

Listen for today's rhythm

The balance can change hour by hour.

Where have you spent more time lately?

Loss, restoration, both, or neither.

What might need a little more room?

No forced balance is required.

One kind action for the next day

Keep it modest and specific.

> *Intense or prolonged grief deserves compassionate assessment in context. This reflection is not a diagnostic tool.*