



# Working with Grief

A companion worksheet to the 92,000 Hours Grief Workshop

**According to Francis Weller, there are five things we can grieve:**

- 1) the sorrow of losing someone or something we love;
- 2) the places in us that have not known love;
- 3) the sorrows of the world;
- 4) what we expected and did not receive;
- 5) ancestral grief

**What do you need to grieve? How has your grief transformed you? Are there any losses that you are allowing to affect your identity?**

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**How do you honor the people and things you have lost? Have you created any rituals around your grief? If so, what is it and how has it served you? If not, what might a ritual to honor them look like?**

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**What has been a coping mechanism or self-care practice that helped you navigate your grief? How can you lean into it more?**

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**What is the biggest lesson you learned from the person (or being) you lost?**

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**What hurt/pain/grudge do you need to let go of before you die? What would be the cost of not doing so and continuing to live life as you know it?**

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**Complete these statements about something or someone you are grieving.**

When I'm alone... \_\_\_\_\_

I'm letting go of... \_\_\_\_\_

This loss has changed the way I... \_\_\_\_\_

I feel this loss mostly when... \_\_\_\_\_

I'm learning to... \_\_\_\_\_