



This worksheet is part of the **GriefPlan: Heal, Remember, & Rebuild Program** created by Dr. Jason Troyer. This worksheet is copyrighted by Dr. Jason Troyer and may only be used by individuals in the GriefPlan Program. This worksheet and other GriefPlan materials may not be sold, copied, or distributed without the permission of Dr. Jason Troyer. Please see **GriefPlan.com** for more details about the program and free resources.

Rebuilding by Sharing Your Story

In rebuilding your life, your goal for sharing your story is to talk about plans for the future and also reaching out to make connections. For example if you are a widowed person, you can share your story of how you are making adjustments to your new world including your living arrangements, your relationships with friends and family, as well as discussing your hopes and goals for the future.

Sharing Successes

- Rebuilding involves taking risks, trying new things, and meeting new challenges. Everyone has new roles and tasks after loss.
- It helps to have a place to ask advice and celebrate your victories - no matter how small they may seem to others.
- Rebuilding begins immediately (and in cases of anticipatory loss, begins before your loved one dies). Rebuilding is anything you do that is caused by your loved one's absence: planning a funeral, caring for children or others, completing tasks they typically did, etc.

Journal Prompts

- What are some tasks or challenges you've dealt with after your loved one's death?
- What task or chore do you need assistance with? Who might be a helpful resource or mentor for this task?
- What is a task that initially seemed daunting, but is now commonplace or easy?
- Who has been an especially helpful mentor/teacher?