Grief Comes Along, Too

Session 10 / Adults 18+ / Recovery Has to Survive Tuesday
Use the fictional example, your own safe situation, or pass. Keep pages private.

01 Today I choose: fiction / my situation / listening / a pass.

02 What would make this topic more manageable today?

03 One thing that could make a difficult day more workable, using fiction if preferred:

Ren’s changed routine

Ren used to call a brother on the way home from work. Since his death, that part of the day feels difficult. Ren is in recovery and thinks, I should be grateful for what is going well. I should not still feel this. Ren has little energy for dinner and does not want a big conversation. No immediate emergency is described.

What the thought adds

Feeling grief does not cancel what is going well. Ren does not have to produce gratitude for the group.

A practical request

Could you help with a simple meal or quiet company? I do not need advice tonight.

What remains open

The other person’s availability, the loss itself and any ongoing support needs. No promised closure or fixed timeline.

Name only what you choose

Use Ren or a neutral example. You can describe a difficult time of day without naming a loss.

01 The situation or part of the day, in as much or as little detail as I choose:

02 What pressure or “should” could I set aside for this activity?

03 What practical need deserves attention?

Care on a lower-capacity day

Options might involve food, rest, transport, caregiving, quiet company or appropriate professional support. Adapt to resources.

01 One task or need that could use help:

02 What can be simplified safely? What responsibility still needs a plan?

03 What kind of support would fit without a big conversation?

A request that fits the day

Use fiction or private wording. No real message or contact required.

01 My specific request and any limit on advice or conversation:

02 When could I ask? What access or support does it need?

03 If unavailable or distress increases, my next appropriate support route is:

Practice a practical ask

Use a willing partner or write privately. No one plays a deceased person or reenacts a loss.

01 My short request:

02 The listener can clarify: Would practical help or quiet company fit better?

03 My revised request, including what I do not want to discuss:

A little room on the page

Creative alternative. Write a sentence, draw a neutral shape or leave space around a few words. No memory or meaning is required.

01 What I want room for today, in words, marks, or a neutral drawing:

02 One small act of care or appropriate support question:

What I learned

Optional follow-up. Keep this page; returning it is not required. Seek appropriate support when an activity is not enough. Existing care plans remain in place.

Progress is progress

A small act of care can count without turning grief into a lesson or a bright side.

U.S. support

For an immediate medical or safety emergency, call 911. For suicidal crisis or emotional distress, call or text 988. Verify local support options with the facilitator.
www.progresscounselingprograms.com

01 What did I try, practice or learn?

02 What still needs help or adjusting? What is one next useful step?