

Letting Go Grief Recovery

WORKSHEET



Project Monkey Mind

Complete the following:

- ▶ In order to fully mourn my loss, I let go of these thoughts:
Example: I can't manage without him/her.

- ▶ In order to fully mourn my loss, I let go of this guilt:

- ▶ In order to fully mourn my loss, I let go of these plans for the future:

- ▶ In order to fully mourn my loss, I let go of these painful memories:

- ▶ In order to fully mourn my loss, I let go of these unspoken words:

- ▶ In order to fully mourn my loss, I let go of these lost opportunities: