

GRIEF CHEAT SHEET

A QUICK-START GUIDE TO HONORING THE LOSSES THE WORLD OVERLOOKS — AND THE ONES WE ALL CARRY

BY DEECODESGRIEF.COM

WHAT IS GRIEF?

GRIEF IS THE EMOTIONAL, PHYSICAL, AND MENTAL RESPONSE TO LOSS. IT SHOWS UP NOT JUST AFTER DEATH — BUT WHEN ANYTHING MEANINGFUL IS TAKEN FROM US, CHANGED, OR NO LONGER POSSIBLE.

TYPES OF GRIEF INCLUDE:

✓ TRADITIONAL GRIEF:

- DEATH OF A LOVED ONE
- SERIOUS ILLNESS OR HEALTH DECLINE
- LOSS OF A JOB, HOME, OR SECURITY

✓ DISENFRANCHISED GRIEF:

- ESTRANGEMENT FROM A PARENT, CHILD, OR SIBLING
- RELATIONSHIP BREAKUPS, DIVORCE, SEPARATION
- LOSS CONNECTED TO ADDICTION, MENTAL ILLNESS, OR DEMENTIA
- GRIEVING A DREAM, IDENTITY, OR LIFE PATH NEVER REALIZED
- MISCARRIAGE, INFERTILITY, PET LOSS
- FEELING DISCONNECTED FROM YOUR PURPOSE OR FUTURE

IF YOUR HEART FEELS HEAVY — THAT MATTERS. YOU DO NOT NEED PERMISSION TO GRIEVE.



QUICK GRIEF REMINDERS

- GRIEF HAS NO TIMELINE.
- FEELING OKAY ONE MOMENT, AND BROKEN THE NEXT, IS NORMAL.
- YOU DON'T HAVE TO EXPLAIN YOUR GRIEF TO ANYONE.
- JOY AND GRIEF CAN EXIST TOGETHER — NEITHER CANCELS OUT THE OTHER.
- YOU ARE ALLOWED TO GRIEVE THE INVISIBLE LOSSES.



3 First Steps for Grief Support

1. Name Your Loss

Say it out loud or write it down. Every loss deserves acknowledgment.

2. Feel Without Judging

Sadness. Anger. Numbness. Relief. Exhaustion. These are all normal parts of grief.

3. Create Space for Healing

Healing isn't about "getting over" your grief — it's about making space to carry it with care, one small step at a time.

Helpful Journal Prompts for Grief

Use these prompts anytime you need to untangle your feelings:

- What have I lost — in people, dreams, or parts of myself?
- What emotions are surfacing for me today?
- What do I wish the world understood about my grief?
- How can I be gentle with myself right now?
- What memory brings me comfort or longing?
- What does my grief need to say that I've been holding back?
- Who or what has made me feel seen or supported lately?
- Where in my life do I need more compassion?

WHEN GRIEF FEELS HEAVY OR PANIC SETS IN, TRY ONE OF THESE:

👉 THE 5-4-3-2-1 TECHNIQUE NAME:

- ✓ 5 THINGS YOU CAN SEE
- ✓ 4 THINGS YOU CAN TOUCH
- ✓ 3 THINGS YOU CAN HEAR
- ✓ 2 THINGS YOU CAN SMELL
- ✓ 1 THING YOU CAN TASTE OR ARE GRATEFUL FOR

💧 GENTLE BREATHING

BREATHE IN FOR 4 COUNTS, HOLD FOR 4, BREATHE OUT FOR 6 COUNTS. REPEAT 3-5 TIMES.

🌿 GROUNDING OBJECT

CARRY A SMALL OBJECT (STONE, BRACELET, CHARM) THAT REMINDS YOU: I AM HERE. I AM SAFE. I AM GRIEVING, AND I AM SURVIVING.



YOU ARE NOT ALONE

VISIT DEECODESGRIEF.COM, YOU'LL FIND RESOURCES, WORKBOOKS, AND SUPPORT FOR ALL GRIEF — THE KINDS SOCIETY EXPECTS, AND THE KINDS THE WORLD FORGETS.