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# How to Heal from Unseen Grief

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## A Guided Reflection Workbook



“The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same, nor would you want to.”

— *Elisabeth Kübler-Ross*



## Page 1: Witnessing the Invisible

### Section 1: Where Grief Lives Unseen

*List places in your life where grief quietly lingers.*

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### Section 2: Permission to Feel

*Complete the sentence three times:  
"If I allowed myself to feel fully, I might..."*

1. 

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2. 

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3. 

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### Section 3: The Healing Timeline

*Sketch your emotional journey so far.  
Use symbols, dates, or imagery; whatever feels right.*

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## Page 2: Continuing the Journey

### Section 4: Naming What Wasn't

*List 1-3 things you've grieved silently.*

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#### **Exercise:**

Write a short goodbye letter to one item. Include:

*I acknowledge... I release... I appreciate...*

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### Section 5: Creating Language for Your Grief

*Circle words that resonate.*

Examples: Floating, Untethered, Resilient, Shadowed, Becoming, Unknown, Soft, Reframing, Quiet

Add your own:

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### Section 6: Honoring Inner Strength

*Complete three versions of:*

*"Even when I was \_\_\_\_\_, I still \_\_\_\_\_."*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Page 3: Empathetic Quotes About Grief and Healing

### Section 7: Quotes for Comfort

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“Grief is just love with nowhere to go.”

- *Jamie Anderson*

“You will lose someone you can’t live without... and the bad news is that you never completely get over the loss. But this is also the good news.”

- *Anne Lamott*

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“No one ever told me that grief felt so like fear.”

- *C.S. Lewis*

“Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.”

- *Vicki Harrison*

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“What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us.”

- *Helen Keller*

“To live in hearts we leave behind is not to die.”

- *Thomas Campbell*

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“There is a sacredness in tears. They are not the mark of weakness, but of power... They are messengers of overwhelming grief and unspeakable love.”

- *Washington Irving*

“Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally.”

- *Rumi*



## BONUS REFLECTION PAGE

### Section 8: Gentle Affirmations

*Select or create 3 affirmations to guide you this week.*

Examples:

- “My softness is a strength.”
- “Healing is allowed to take its time.”
- “I am worthy of compassion, especially from myself.”

Your own:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Section 8: A Note to Future Me

Write a short letter to your future self.

Honor where you are now and where you hope to be.

Dear Future Me,

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Love,

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## You Are Still Becoming

Healing isn't linear. Let this workbook be your safe space, for grief that doesn't always have a name, and for growth that doesn't need a rush.