



Grief and Loss Self Reflection

This brief self-assessment is designed to help you reflect on how you're feeling after a loss. It's not a diagnosis or a test you can pass or fail—just a simple way to better understand your emotions, notice patterns, and see if you might need extra support. You can take it at your own pace and your responses are for your awareness only.

<u>Question</u>	<u>YES</u>	<u>NO</u>
1. Are your days better now than they were in the beginning?	_____	_____
2. Are you feeling less numb now?	_____	_____
3. Do you feel less like crying these days?	_____	_____
4. Do you manage more day-to-day tasks now?	_____	_____
5. Have your sleep or eating habits improved?	_____	_____
6. Have you had moments of calm, joy, or peace?	_____	_____
7. Are you able to think or talk about your loved one with happiness sometimes?	_____	_____
8. Do you have meaningful ways to honor the person?	_____	_____
9. Do you feel supported by others?	_____	_____
10. Have you started doing activities you used to enjoy?	_____	_____

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If you found yourself saying **YES** even once or twice, that's something worth celebrating. Every small step counts. Acknowledge the progress you've made.

If you answered **NO** to every question or are finding things especially tough right now, know that support is available. Reach out to Mozaic Hospice at 203-396-1136 or hospice@mozaicsh.org for helpful resources and guidance.