

Deep Dive Worksheet #1: What Was Lost / What Remains

This worksheet is designed to help you gently name loss without minimizing it—and to recognize what still exists alongside it. There is no right pace. You may complete this in one sitting or return to it over time.

Before You Begin

Take a moment to settle your body.

If at any point this feels like too much, it's okay to pause.

You do not need to feel ready to finish—only ready to begin.

Part 1: Naming the Loss

Loss is not always one clear event. It can be layered, gradual, or invisible to others.

What feels most lost right now?

(You may name people, roles, futures, versions of yourself, safety, belonging, or something harder to define.)

If there are multiple losses, list them here:

Part 2: How This Loss Changed Things

Loss often reshapes life in ways that are subtle and ongoing.

Since this loss, what feels different about:

- **Your daily life**

- **Your relationships**

- **How you see yourself**

- **What you expected from the future**

There is no need to soften or explain these answers.

Part 3: What Remains (Without Forcing Positivity)

This section is not about “silver linings.”
It’s about noticing what still exists—even if it feels fragile or incomplete.

Despite this loss, what still exists in your life?
(This might be qualities, values, connections, or capacities.)

What parts of you have stayed, even if they feel tired or changed?

Part 4: Holding Both

Grief often asks us to hold opposing truths at once.

Complete the following sentences in any way that feels honest:

- *Something important was lost, and* _____.
- *This loss hurt me deeply, and* _____.
- *I am still grieving, and* _____.

You are not required to feel resolved.

Closing Reflection

Take a moment to read what you've written.

You might place a hand on your body and silently say:

"This loss mattered. And so do I."

You can return to this worksheet again in the future.

Your answers may change—and that's allowed.

This worksheet is intended for reflective and educational purposes and is not a substitute for therapy or professional mental health care. You may return to this worksheet as your grief shifts or changes.

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