

# Deep Dive Worksheet #2: Naming the Type of Grief You're Carrying

*Understanding grief beyond loss—and why it feels the way it does*

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## Before You Begin

Grief does not look the same for everyone.

Many people struggle because their grief doesn't match what they think it *should* look like.

This worksheet helps you name the *kind* of grief you're carrying so you can relate to it with more understanding and less self-blame.

Take your time. You may recognize more than one type.

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## Part 1: Why Naming Grief Matters

When grief goes unnamed, it often feels:

- Confusing
- Lonely
- Invalidated
- “Too much” or “not enough”

Naming your grief doesn't limit it.

It gives it language—and language brings relief.

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## Part 2: Types of Grief

Read each description slowly.

Notice what resonates in your body, not just your thoughts.

### Acute Grief

Grief connected to a recent loss or significant change.

- Emotions may feel intense, raw, or consuming
- Often includes shock, sadness, longing, or disbelief

This feels present for me

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### Chronic Grief

Grief that lingers over time without clear resolution.

- Often connected to ongoing situations
- Can feel exhausting or quietly persistent

This feels present for me

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### Anticipatory Grief

Grief that arises before a loss fully happens.

- Common with illness, aging, or expected endings
- May include guilt for grieving “too soon”

This feels present for me

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## Ambiguous Grief

Grief without clear closure.

- Someone is physically present but emotionally absent
- Or emotionally present but physically gone

This feels present for me

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## Disenfranchised Grief

Grief that isn't openly acknowledged or supported.

- Loss others minimize or don't recognize
- Often includes shame or isolation

This feels present for me

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## Identity-Based Grief

Grief connected to who you used to be.

- Loss of roles, futures, safety, or identity
- Often unrecognized by others

This feels present for me

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## Part 3: What You Notice

Which types of grief feel most true for you right now?

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What surprised you as you read these descriptions?

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## Part 4: Releasing Self-Blame

Complete the following sentence gently and honestly:

- *“My grief makes sense because \_\_\_\_\_.”*

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You are not grieving incorrectly.  
You are responding to what you’ve lived.

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## Closing Reflection

Place a hand on your body if that feels supportive and silently say:

*“There is a name for this. I am not alone in it.”*

*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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