

# Deep Dive Worksheet #3: Life Before / Life After

*Making sense of change without forcing closure*

Grief often divides life into a “before” and an “after.”

This worksheet gently explores what changed—without asking you to move on, reframe, or resolve anything.

There is no right way to complete this.

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## Before You Begin

Take a moment to settle.

If any section feels like too much, it’s okay to pause and return later.

This is not about fixing your story.

It’s about honoring it.

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## Part 1: Life Before

Think about life *before* the loss or change.

**Before this loss, my life felt like:**

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**Before, I experienced myself as:**

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**Before, I expected my future to include:**

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There is no need to idealize or soften this.

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## Part 2: Life After

Now reflect on life *after* the loss.

**After this loss, my life feels like:**

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**After, I experience myself as:**

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**After, the future feels:**

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Let honesty lead here.

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## Part 3: What Changed, What Stayed

Loss changes many things—but not everything.

**What feels most different now:**

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What has remained, even if it feels altered:

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## Part 4: Offering Compassion to the “After” Self

Complete the sentence in any way that feels true:

- “Given what I’ve been through, it makes sense that I am \_\_\_\_\_.”

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## Closing Reflection

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

*“I am allowed to grieve who I was, and care for who I am now.”*

You can return to this worksheet as life continues to change.

*This worksheet is intended for reflective and educational purposes and is not a substitute for therapy or professional mental health care.*

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