

# GRIEF REFLECTIONS WORKSHEET

## GUILT

THINGS I DID THAT QUESTIONED  
MY MORAL RESPONSIBILITIES OR  
I KNEW WERE WRONG



## REGRET

IN HINDSIGHT, KNOWING WHAT  
I DO NOW, THINGS I WISH I  
HAD DONE DIFFERENTLY



## PRIDE

THINGS I KNOW I DID RIGHT  
AND THAT MADE MY PET  
LUCKY TO HAVE ME

