

Grieving Losses Worksheet

To assess your efforts to grieve the losses brought by CFS/FM, fill out the worksheet below. First, check the strategies you have tried already and rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful). Also, check the strategies you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Pacing			
Structure: daily & weekly routines			
Problem solving			
Stress avoidance			
Support			
Acknowledging grief triggers			
Acknowledging loss			
Recognizing grief as cyclic & long-term			
Addressing self-pity			