



## Supports in My Life

When you lose a loved one, there is sometimes a temptation to stay away from people you've been close to or from organizations you belong to. Grief does tend to put you in an "antisocial state." However, reaching out to others is important to your health and healing. The grief journey will be more difficult if you try to go it alone.

List below the people and organizations that are supportive to you.

### People Who Are Close to Me:

Immediate Family Members –

Other Relatives –

Neighbors –

Friends –

### Others In the Community:

Pastor/Clergy –

Counselor –

Co-Worker –

### Organizations:

Church –

Athletic/Recreational –

Clubs and Civic Groups –

Support Group(s) –

Now look over the names you listed. Does your support seem adequate at this time? If not, what more is needed? How could you help to make this happen?

