



This worksheet is part of the **GriefPlan: Heal, Remember, & Rebuild Program** created by Dr. Jason Troyer. This worksheet is copyrighted by Dr. Jason Troyer and may only be used by individuals in the GriefPlan Program. This worksheet and other GriefPlan materials may not be sold, copied, or distributed without the permission of Dr. Jason Troyer. Please see [GriefPlan.com](http://GriefPlan.com) for more details about the program and free resources.

## First Things: Finding Balance in Unique vs. Shared Experiences

Unique

Shared



### Journaling Topics/Prompts

- "“Each person’s grief is like all other people’s grief; each person’s grief is like some other person’s grief; and each person’s grief is like no other person’s grief.”  
(Worden, 2009, p. 8) How do you interpret this quote?
- What is unique about your loss and your grief? How are you different from others who are grieving the same person?
- In what ways are you similar to other bereaved people?
- What aspects of your loss or grief do other people not understand?

A large, empty light gray rectangular box intended for journaling responses.