

TALKING ABOUT GRIEF



Talking about loss during the Christmas season can **feel daunting**. This worksheet is designed to help you approach these conversations with **confidence** and **intention**, whether you want to **share your feelings** or **set boundaries** around difficult topics.

TIPS FOR NAVIGATING CONVERSATIONS ABOUT GRIEF

Be Honest: It's okay to share how you're feeling, even if it's difficult or uncomfortable.

Set Boundaries: You don't have to answer every question or engage in conversations that feel overwhelming.

Lean on Trusted People: Seek out friends or family members who provide a safe and supportive space.

Use Simple Phrases: Have some go-to responses ready to ease into or gently exit conversations.

WHY CONVERSATIONS MATTER

Grief is **a deeply personal experience**, but sharing memories or discussing your feelings can provide **connection** and **relief**.

At the same time, **it's okay to set limits** and **steer conversations** in a direction that feels safe for you.



IF YOU WANT TO OPEN UP ABOUT YOUR GRIEF

"Christmas feels different this year without [loved one's name]."

"I've been thinking a lot about [loved one's name] and how they always [specific tradition]."

"Some moments have been tough, but I'm glad we're here together."

"It helps to share memories of [loved one's name]. Do you have any favourite stories about them?"

IF YOU WANT TO SHIFT THE FOCUS TO SUPPORT

"I'm finding comfort in [specific activity, memory, or support system]."

"What has helped you cope with tough times?"

"It's been a journey, but I appreciate having people like you around."

IF YOU NEED TO SET BOUNDARIES OR REDIRECT THE CONVERSATION

"Thank you for asking. It's a bit hard to talk about right now, but I appreciate your support."

"I'm focusing on enjoying today, so I'd rather not dwell on that at the moment."

"I'd prefer to keep things light today if that's okay."

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Take a moment to reflect on your needs and prepare for navigating conversations about your grief. Use the following questions to identify **who supports you**, **what feels safe to discuss**, and **how to set boundaries** when conversations become overwhelming.

WHO SUPPORTS YOU

Who do you feel most comfortable talking to about your grief?

WHAT FEELS SAFE TO DISCUSS

What topics feel safe and helpful for you to discuss?

HOW TO SET BOUNDARIES

What phrases or boundaries can you use if a conversation becomes too much?

REMEMBER...

It's okay to navigate conversations **at your own pace**. Whether you choose to **open up**, **share memories**, or **gently set boundaries**, trust yourself to guide the dialogue in a way that honours your needs.

