**Anticipatory Grief Worksheet**

**Created by Jesse Torrey, LAC**

*What is anticipatory grief? Anticipatory grief is the emotional process of preparing for an impending loss or a significant life change.*

*For example, anticipatory grief for newborn screening families may occur as they struggle with the enormity of the diagnosis and how it will transform their child’s life. Adult patients may experience anticipatory grief as they anticipate their symptoms progressing and grieving the loss of abilities. And, of course, anticipatory grief may occur proceeding the loss of one’s life or the life of a loved one.*

1. Have you experienced anticipatory grief connected to ALD? If so, share a bit about your experience.

2. What are some emotions you experienced during anticipatory grief? How do these emotions impact your daily life?

3. Has anticipatory grief affected relationships with loved ones and support networks?

4. What are some healthy coping mechanisms that have helped you dealing with anticipatory grief?

**Anticipatory Grief**

**Coping Strategies**

*Anticipatory grief can be a challenging and complex experience, but by understanding its nature and implementing healthy coping strategies, individuals can navigate this difficult time with resilience and grace. Remember, you are not alone, and support is available to help you through this journey.*

1. Practice self-care activities, such as exercise, meditation, or spending time in nature.  
     
   2. Engage in creative outlets, such as journaling, art, or music, to express emotions.  
     
   3. Seek support from friends, family, or support groups who can provide understanding and empathy. ALD community calls/ALD Connect Peer Mentor Program!  
     
   4. Maintain open and honest communication with loved ones about fears, concerns, and needs.   
     
   5. Consider seeking professional help from a therapist or counselor trained in grief and loss.
2. Avoid excessive drug/alcohol use.
3. Explore spiritual or religious practices that offer comfort and solace.
4. Consider volunteering opportunities. Giving back can help us heal.
5. Improve sleep hygiene.
6. Focus on living in the present moment and finding joy in everyday experiences.
7. Allow yourself to grieve and express emotions without judgment or criticism.
8. Create rituals or traditions to honor the person or thing being grieved.
9. Remember that anticipatory grief is a natural response to impending loss and that it is okay to seek help and support when needed.