

# GRIEF RECIPE CARD

## Ingredients

- LOSS OF SOMEONE OR SOMETHING IMPORTANT TO YOU, TO WHICH A BOND OR AFFECTION WAS FORMED
  - PARTNER
  - FAMILY MEMBER
  - JOB
  - BELOVED PET
  - FRIENDSHIP/SOCIAL INTERACTION
  - PERSONAL DREAM/GOAL

## Directions

## Journal Note

## SHOPPING LIST

AFFLICTION  
ANGUISH  
AGONY  
ANGST  
DISTRESS  
HEARTBREAK  
PAIN  
SUFFERING  
TORMENT  
BEREAVEMENT  
LOSS  
DEJECTION  
DESPONDENCY  
MORTIFICATION  
MOURNING  
GRIEF  
LAMENT  
SORROW  
PINING  
REGRET  
REMORSE  
SADNESS  
BLUES  
DESOLATION  
DESPAIR  
DESPONDENCY  
GRIEF  
HEARTACHE  
MISERY  
SORROW  
WOE