

Exploring Your Identity After the Death of a Loved One

What to Know

The death of a loved one can create a kind of identity crisis, impacting your sense of self, changing your role, and raising questions about who you are, what your purpose is, and where you belong in the world.

This worksheet will guide you through the process of exploring your identity after a significant loss. By exploring your personal qualities and engaging in thoughtful self-reflection, you can navigate your grief journey while honoring your unique identity.

What to Do

Answer the following questions and reflect on how your identity may have been affected by the loss of your loved one. There are no right or wrong answers, so be honest with yourself.

Who were you before the loss? Reflect on your identity before the death of your loved one. Consider your interests, passions, relationships, and goals.

Write down characteristics that describe who you were before the loss.

How has your identity changed since the loss? Be specific and explore the ways in which your identity has been impacted. Consider changes in your beliefs, values, interests, relationships, and goals.

What aspects of your identity remain the same? Focus on characteristics, values, or interests that you still identify with strongly.

What parts of your identity do you miss or feel disconnected from? Consider activities, relationships, or aspects of yourself that no longer feel the same.

Write down any feelings of loss or disconnection regarding your identity.

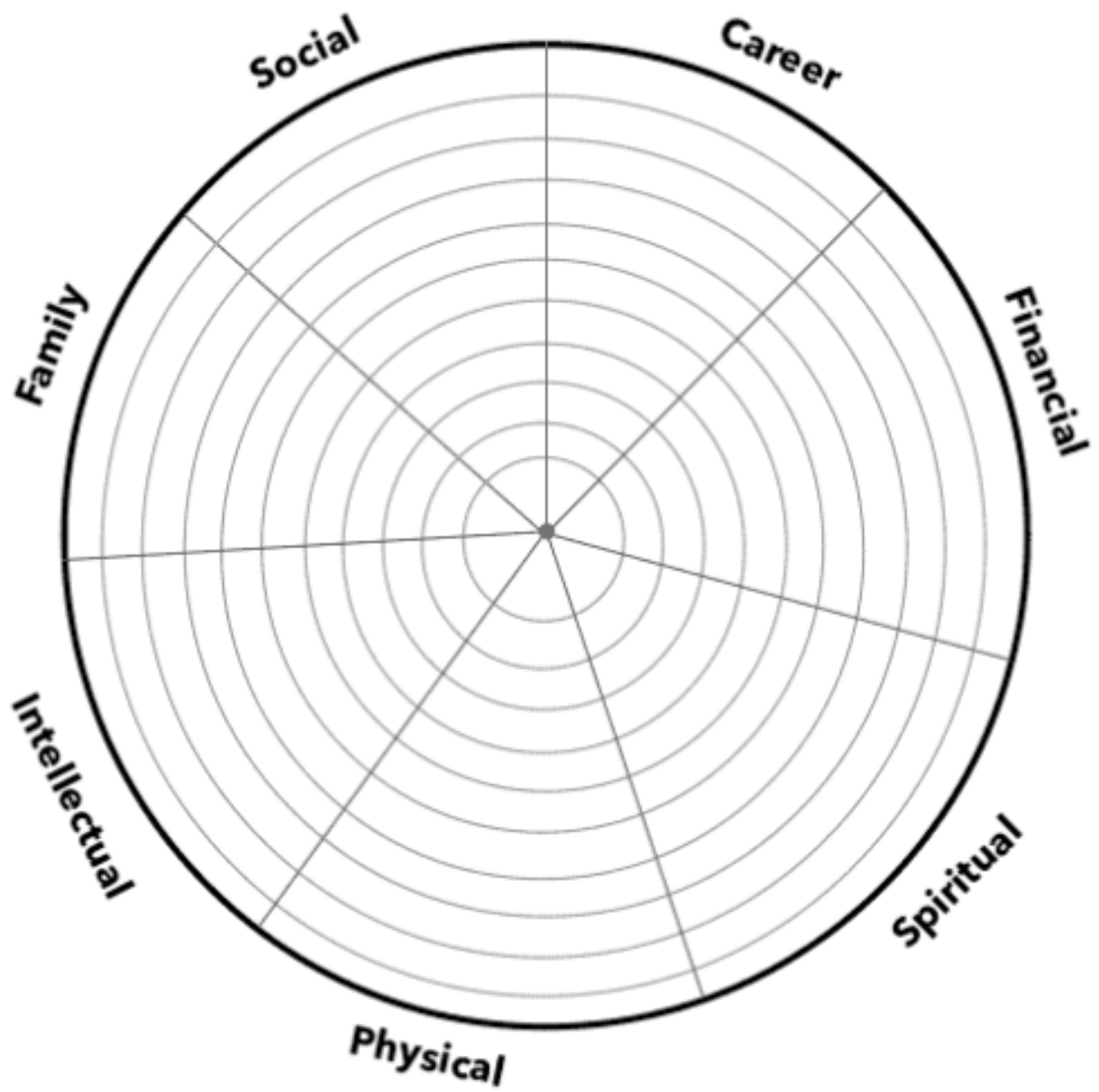
How can you honor the memory of your loved one while embracing your evolving identity? Explore ways to integrate the memory of your loved one into your evolving identity. Consider activities, values, or goals that can honor their legacy while staying true to yourself.

Write down practical ideas or actions you can take to honor their memory.

What are your strengths and resilience in navigating your grief journey? Consider challenges you have overcome and positive coping strategies you have developed.

Who are you becoming? Embrace the concept of growth and change in your identity. Reflect on the possibilities of who you can become considering your experiences. Write down qualities, values, or aspirations that describe who you are becoming.

It's normal for your identity to evolve as you grow and navigate through your grief journey. Continue to reflect on who you are as you fill in the wheel on the next page. Use the inner sections for roles you have and qualities you identify about yourself. You may write what you do, or what you'd like to do or experience in the future. What do you hope to accomplish? What are some actions you can take? You can include hopes and wishes. After you complete the wheel, share it with a trusted adult. You can even use colored pencils or markers to decorate your wheel and draw pictures outside the wheel.



Exploring My Identity