Self-knowledge Worksheet for Responding to Emotional Distress

**Self-knowledge Question 1: Your own grief response**

The following questions provide you with the opportunity to consider your own grief reaction. Understanding your own post-diagnosis grief can assist you with providing support to others.

1. **Circle which stages you experienced**

1. **Write the stages you experienced in the order you experienced them, and the triggers for each of the stages.**

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| **Stage** | **Triggers** |
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1. **Write down whether you missed one or more stages, and whether some stages were repeated**

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1. **What or who helped you to move through each stage?**

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| **Stage** | **Strategies for moving through each stage** |
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