

Feelings of Loss

When someone special goes away, it's okay to feel all sorts of things.

Circle or color the words that describe how you're feeling right now.

Grateful

Guilty

Shocked

Scared

Lonely

Sad

Overwhelmed

Calm

Hopeful

Empty

Numb

Angry

Happy

Surprised

Abandoned

Disappointed

Frustrated

Worried

What are some helpful ways that you can cope with each of these feelings?

