






SOLO SPIRIT

Grief Tracker

A gentle grief tracker for understanding what your heart is carrying.

Grief doesn't move in a straight line. Use this tracker to notice what's showing up, what you need, and what offers support. Some days can feel especially hard. On those days, it may help to look back and see the progress you're making.

GRIEF EXPERIENCE KEY

-  1. Shock/Numbness:
Foggy, disconnected, unreal
-  2. Anger/Frustration:
Restless, irritated, resentful
-  3. Bargaining/What-ifs:
Replaying, questioning, wishing
-  4. Sadness/Heaviness:
Low, lonely, aware of what's missing
-  5. Acceptance/Integration:
Carrying it, adjusting, making space
-  6. Hope/Rebuilding:
Small moments of peace, courage, or connection

Day	Date	Mood Word	Intensity 1-5	Most Present Grief Experience	What I Needed	What Helped
1	/ /					
2	/ /					
3	/ /					
4	/ /					
5	/ /					
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30	/ /					



Grief Reflection Tracker

A gentle space to notice what you're carrying, one day at a time.

Grief doesn't move in a straight line. It can soften, return, shift shape, surprise you, and sit quietly beside you when you least expect it. Some days may feel heavy. Others may feel calm, confusing, hopeful, numb, or all of those things at once.

This tracker was created to help you gently notice where you are emotionally without judging yourself for being there. It's not meant to label your grief, rush your healing, or tell you how you "should" feel. Instead, think of it as a quiet check-in — a way to recognize patterns, honor your emotions, and give yourself a little more compassion along the way.

Use this printable in whatever way feels supportive. You might track your emotions daily, reflect at the end of the week, or return to it only when grief feels especially present. There is no right pace, no perfect answer, and no timeline you need to follow.

You are allowed to have good days and hard days. You are allowed to move forward and still miss what was. You are allowed to grieve, grow, rest, and begin again.

How to Use This Tracker

Each day, take a moment to check in with yourself. Notice which emotions or grief responses feel most present, then mark the space that best reflects where you are. You may also want to write a few words about what triggered the feeling, what helped, or what you needed that day.

Over time, this tracker may help you see patterns in your grief, recognize what supports you, and better understand the moments when you need extra care.

Gentle Reminder

This printable is for personal reflection only. It is not a diagnostic tool, a treatment plan, or a substitute for professional mental health support. If your grief feels overwhelming, unsafe, or too heavy to carry alone, please reach out to a licensed therapist, grief counselor, doctor, crisis line, or someone you trust.

Healing doesn't mean you stop missing them. Sometimes, it simply means learning how to carry love and loss together.

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