# Grief Literacy Reflection

## Micro-Grief Map

**List 3–5 non-death losses that have shaped you. These might include moves, identity shifts, transitions, friendship changes, unmet expectations, or endings of any kind.**

1.
2.
3.
4.
5.

## What You Needed

**For each loss, note what you needed at the time that you didn’t receive.**

1.
2.
3.
4.
5.

## Themes & Insights

**What themes do you notice in your answers? (Examples: presence, validation, time, honesty, space, someone to listen, community.)**

## Applying This to Social Work Practice

**What is one thing you want to remember about grief and support from this activity as you move into your professional role?**

## Personal "Go-To" Support Phrases

**Develop 2–3 supportive responses you can use when someone is grieving. Choose words that feel authentic to you.**

1.
2.
3.