

Emotional Energy Checklist

This exercise is drawn from the book “When Children Grieve” by Russell Friedman and John James. While it was initially developed to help parents and other caregivers support a child in navigating loss, we passionately believe it is valuable for all grievers of any age.

We provide an example on this page, and room for you to practice your own on the next. You may find you have a long list of secondary losses or concerns. Just list whatever comes to mind - this exercise is wonderful to build awareness.

Example Checklist:

Main loss:

- Moving to a new state

Secondary losses and concerns:

- Missing friends and neighbors
- Worrying about move logistics (movers, setting up utilities, shipping car...)
- Finding a new favorite coffee shop
- Finding a new place of worship
- And probably much more...
- Navigating a new job
- Making a new residence feel like “home”
- Won’t be near family and support network
- Missing old home and neighborhood and town



My Own Emotional Energy Checklist

Main loss:

Secondary losses and concerns: