

Date: \_\_\_\_\_

## Grief Monitoring Diary

Monitor and rate the intensity of your grief. Using the scale from 1= least intense to 10 = being the most intense grief you can imagine. Please record the minimum and the maximum intensity of your grief each day and note when these lowest and highest points occurred. At the end of the day, rate the average intensity for the day. The same can be done for positive feelings.



<b>Day</b>	<b>Highest Grief / +ve</b>	<b>Notes</b>	<b>Lowest Grief</b>	<b>Notes</b>	<b>Average Grief</b>