

The Grief Mapping Tool

When loss feels like a tidal wave, mapping provides the shore. Use this guide to identify the physical and emotional frequencies of your grief and find your footing.



Client Name:

Date / Session:

Primary Loss / Transition Explored:

PHASE 1: EMOTIONAL LANDSCAPE & INVENTORY

How to complete: Grief is multifaceted and often contradictory. Check all emotional frequencies currently present—even if they conflict. Do not attempt to fix or explain them; simply witness and record them.

Active Heartbreak & Yearning

- ☐ Deep Sorrow ☐ Yearning / Longing ☐ Crying Spells
☐ Loneliness

Protective & Numbing States

- ☐ Brain Fog ☐ Numbness / Shock ☐ Heavy Fatigue ☐ Detachment

Activated Tension & Frustration

- ☐ Anger / Irritability ☐ Guilt / "What-ifs" ☐ Restlessness ☐ Anxiety

Tender & Grounded Truths

- ☐ Waves of Peace ☐ Profound Love ☐ Gratitude ☐ Soft Relief

Current Landscape Metaphor (Describe your internal weather, texture, or weight today):

PHASE 2: SOMATIC BODY MAPPING

How to complete: Close your eyes, take a slow breath, and scan your body from head to toe. Note where grief feels physically stored, rate its intensity (1–10), and write one gentle somatic need (e.g., heat pack, slow exhale, hand on heart, cold water).

Body Center	Physical Sensation (Tight, Hollow, Heavy, Burning)	Intensity (1-10)	Nourishing Action (Breath, Warmth, Stillness)
Throat & Jaw Held back words, unshed tears			
Chest & Heart Center Ache, compression, hollow space			
Solar Plexus & Gut Knots, churning, adrenaline drop			
Shoulders & Upper Back Carrying emotional load, rigidity			

PHASE 3: WAVE ANATOMY & TRIGGER TRACKING

How to complete: Identify what sets off a grief wave and trace its curve. Knowing your wave trajectory removes the fear that the intense peak will last forever.

Identified Triggers (Dates, sounds, places, specific words, fatigue levels):

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Secondary Losses (Routines, roles, identity, loss of future expectations):

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1. The Swell (Early Warning Clue)	2. The Crest (Peak Intensity / Expression)	3. The Receding Tide (Aftermath Needs)
What is the first physical/mental sign a wave is rising?	How does peak grief express itself (e.g. sobbing, shutdown)?	What does your nervous system need as it settles?

PHASE 4: GROUNDING ANCHORS & BOUNDARIES

How to complete: When grief surges, cognitive logic goes offline. Fill in these concrete guardrails ahead of time so you know exactly what to do.

Practice: The 10-Second Energy Pause: Place a hand over your heart or abdomen. Inhale gently through the nose, exhale slowly through the mouth, and silently state: "This is a grief wave. I honor where I am right now, and I give this feeling permission to move through safely."

3 Somatic Anchors (e.g., bare feet on floor, weighted blanket, cool water):

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Safe Harbor & Boundaries (1 low-demand person/space & 1 boundary to set):

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PHASE 5: MEANING & GENTLE INTEGRATION

How to complete: End your mapping by reconnecting to enduring love and deciding on one realistic, nurturing action for the rest of today.

The Preserved Bond (What value, love, or truth cannot be lost?):

Next 24 Hours: The single gentlest thing I can do for myself:

