

Grief Assessment

How much grief are you carrying?



Margaret Dennis

Women's Life Empowerment
& Holistic Grief Coach

Welcome!

I am SO glad you are here!

A bit about me...

Personally...I'm a mom to an incredible teenage daughter, Lily, & my angel baby, Isaac; partner to an amazing guy, doggie mom, adventure enthusiast, collector of funky shoes, tarot & oracle card reader, and lover of sunrises, sunsets and all things chocolate!

Professionally...I'm the Founder & CEO of EVOLV coaching, a Woman's Life Empowerment & Holistic Grief Coach, Co-Founder & CEO of Unshakeable ME Inc. Camps & Programs for Teenage Girls, TEDx Speaker, 2 x #1 Amazon International Bestselling Author, Educator, and Certified Dare2Declare™ Vision Board Facilitator.

My mission is to empower professional women who are feeling stuck in their grief to feel so worthy that they can't help but move forward into a life of Joy...without guilt. As a multiple trauma & grief survivor myself - including 6 years of unexplained infertility, the death of my 3-day old son, and a divorce - my personal healing journey and professional training taught me how to find joy and become Unshakeable. Now, I am passionate about supporting other women, like you, to do the same. Because YOU are worth it!



Grief Assessment



How many types of grief have you experienced in your lifetime? Check each one that applies to you, add up your total and mark it on the scale below.



- | | |
|--|--|
| <input type="checkbox"/> Failed a grade in school | <input type="checkbox"/> Suffered a miscarriage / infertility |
| <input type="checkbox"/> Lost a friendship | <input type="checkbox"/> Diagnosed with life-threatening disease |
| <input type="checkbox"/> Broke up with 1st person you ever loved | <input type="checkbox"/> Suffer(ed) mental health challenges |
| <input type="checkbox"/> Didn't get into 1st choice for college/university | <input type="checkbox"/> Supported close friend/family member through trauma/health crisis |
| <input type="checkbox"/> Flunked out/dropped out of college/university | <input type="checkbox"/> Been sexually assaulted |
| <input type="checkbox"/> Fired from a job | <input type="checkbox"/> Victim of domestic violence/abuse |
| <input type="checkbox"/> Quit a job | <input type="checkbox"/> Divorced / Separated |
| <input type="checkbox"/> Missed out on a promotion | <input type="checkbox"/> House burned down / lost house |
| <input type="checkbox"/> Lost a business | <input type="checkbox"/> Close friend died |
| <input type="checkbox"/> Declared Bankruptcy | <input type="checkbox"/> Extended family member died (uncle, aunt, cousin, niece, nephew) |
| <input type="checkbox"/> Business Partner left company | <input type="checkbox"/> Grandparent Died |
| <input type="checkbox"/> Best friend moved away / lost touch | <input type="checkbox"/> Parent Died |
| <input type="checkbox"/> Closest colleague left company or was promoted | <input type="checkbox"/> Sibling Died |
| <input type="checkbox"/> Pet Died | <input type="checkbox"/> Spouse / Partner Died |
| <input type="checkbox"/> Partner cheated on you | <input type="checkbox"/> Child Died |

"You can't truly heal from a loss until you allow yourself to really feel the loss"

- Mandy Hale -

Grief is a Pressure-Cooker:

Every time you experience a grief event, it needs to be acknowledged and felt. If it isn't, its impact on you builds upon all previous grief events, compounding one on top of another and building up inside of you like a pressure-cooker.

This unexpressed grief may start to show up in your life as depression, anxiety, insomnia, poor decision-making, short-temperedness, and uncontrollable emotional outbursts, to name just a few. Grief can't be compartmentalized, so it will show up everywhere - home, work, grocery store, etc.

These outward behaviours of grief mask the grief itself and make it even harder to identify. The overall impact on your life can be damaging, causing the loss of relationships, careers, friendships, and your sense of self-worth.

- How many of the grief events that you checked off on the previous page were you aware caused grief?
- Were there additional grief events that have happened in your life that weren't included in the list (the list is by no means exhaustive)?
- How many of these have you allowed yourself to grieve?

Knowing how many grief events you have experienced is an important step in starting your healing process and being able to move forward.

You cannot heal what you don't know needs healing.

You Have to Feel to Heal:

Now that you are aware of what you need to heal, the next step is to give yourself space, grace and compassion to begin acknowledging the grief you have experienced and allow yourself to truly feel the emotions attached to each event.

Through this process, you will start to release some of the emotional pressure from your internal pressure-cooker and begin to heal your heart, leaving you feeling lighter, more at peace, and calmer. Ready to move forward, if only tentatively at first, and opening up to letting joy in.

If you are scared or nervous about this process, I get it - it's normal.

Feeling the hard feelings takes courage. But I promise you, it is worth it.

Living Does Not Mean Forgetting:

If you want to release the heaviness of your grief, take back control of your emotions, and heal your grief at the deepest level so that you can start moving forward and truly live your life, I am here to support you.

You do not need to do this alone. Moving forward does not mean you forget - ever. Healing allows you to remember with more love than sadness.

I invite you to email me at: margaret@evolvcoaching.com

SCAN the QR code to book a Complimentary Session to review your results



No pressure. No expectations.

Let's review your results and see what next steps are best for you.

I've got you!

Margaret xo

