

# Grief and Loss Worksheet

*Carrying Loss With Iman, Sabr, and Honest Tears*

## Grief Is Not the Opposite of Faith

Many Muslim clients carry, alongside their grief, a quiet fear that their tears or sadness suggest weak iman. The Sunnah does not support this.

*“The eyes shed tears, the heart grieves, but we say only what pleases our Lord. O Ibrahim, by your departure we are saddened.”*

*Sahih al-Bukhari 1303.*

الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

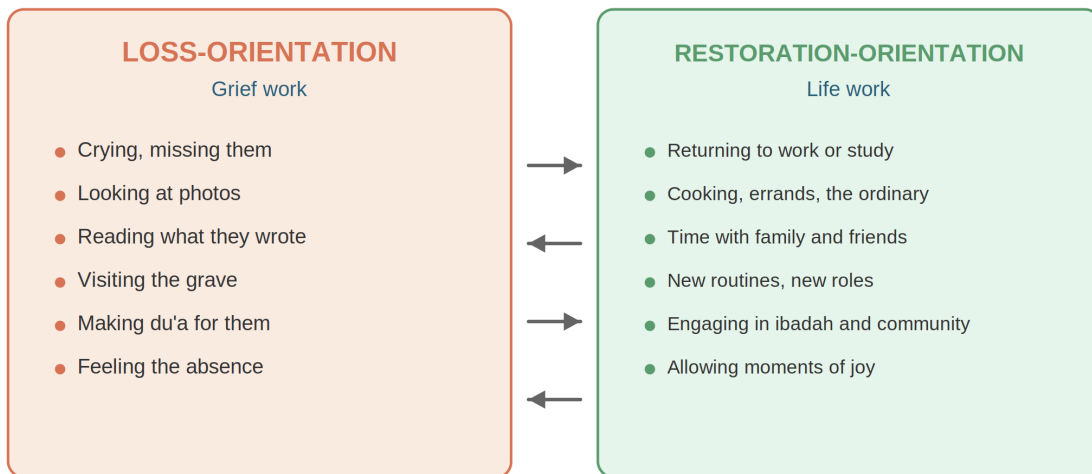
*“Those who, when disaster strikes them, say, 'Indeed we belong to Allah, and indeed to Him we will return.'”*

*Qur'an, Surah Al-Baqarah, 2:156.*

## How grief actually moves

### How Grief Actually Moves

*The dual process model: oscillation between loss and life*



#### Healthy grief is not staying in one column.

It is moving back and forth between them, in your own rhythm, over time.

*The eyes shed tears, the heart grieves, but we say only what pleases our Lord.  
(The Prophet, peace be upon him, at the death of his son Ibrahim, Sahih al-Bukhari 1303)*

*Healthy grief is not staying permanently in one column. It is moving back and forth between the work of grief and the work of life. Some days will be heavier on one side; some days on the other. This is the normal rhythm.*

## Section 1: Naming the Loss

What I have lost

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When this loss happened

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What this person, role, or experience meant to me

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## Section 2: How Grief Is Showing in Me

### In my body

- Heaviness, aching, chest tightness
- Fatigue, even after sleep
- Changes in appetite or sleep

### In my emotions

- Sadness, sometimes overwhelming
- Anger, including at Allah or the deceased
- Guilt, numbness, relief, loneliness

### In my thoughts

- Looping memories
- Searching for the person
- Doubt or struggle in iman

### In my worship

- Difficulty in salah, mind drifting
- Comfort in du'a and Qur'an
- Withdrawal from community

## Section 3: Giving Yourself Permission

If a dear friend were grieving this loss, what would I say?

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Can I receive these same words?

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## Section 4: Anger and Unanswered Questions

Ya'qub (peace be upon him), grieving the loss of Yusuf for many years, said:

إِنَّمَا أَشْكُو بَثِّي وَحُزْنِي إِلَى اللَّهِ

“I only complain of my anguish and my grief to Allah.”

*Qur'an, Surah Yusuf, 12:86.*

**What questions are pressing on me?**

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## Section 5: Continuing Bonds

*“When a person dies, his deeds come to an end except for three: ongoing charity, knowledge that is benefited from, and a righteous child who supplicates for him.”*

*Sahih Muslim 1631.*

### Things I can do for them

- Make du'a for them daily
- Give sadaqah on their behalf
- Recite Qur'an and dedicate the reward
- Maintain the relationships they cared about

## Section 6: Carrying the Loss Forward

What in me has changed?

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What do I want to carry forward?

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وَبَشِّرِ الصَّابِرِينَ

*“And give good tidings to the patient.”*

*Qur'an, Surah Al-Baqarah, 2:155.*