

Attachment-Based Grief Integration Workbook

Trauma-Informed | Christian Integrated | Printable Workbook

Week 1 – Safety & Stabilization

Goal: Increase nervous system regulation and reduce trauma activation.

Practice the 20-minute exposure rule when sorting belongings.

Grounding Exercise: 5-4-3-2-1 sensory regulation paired with Psalm 34:18.

Journal: What happens in my body when I touch his belongings?

Week 2 – Attachment & Continuing Bond

Goal: Shift from traumatic separation to integrated love.

Write a letter: 'My son, today I felt...'

Create a memory ritual or memory box.

Journal: What part of him lives on in me?

Week 3 – Guilt Deconstruction

Goal: Identify and restructure grief distortions.

Write painful thought → Identify distortion → Balanced response.

Example: 'I should have known.' → Hindsight bias → 'I made decisions with the information I had.'

Scripture: Romans 8:1 – No condemnation.

Week 4 – Meaning Reconstruction

Goal: Integrate legacy and identity.

Complete: 'Losing my son changed me by...'

Develop a legacy plan (annual ritual, charity, service).

Journal: How can I carry love forward without carrying punishment?

Week 5 – Spiritual Attachment Repair

Goal: Strengthen secure attachment to God.

Process feelings of abandonment or anger.

Read Psalm 13 and Romans 8:38–39.

Journal: Has this loss changed how I see God?

Week 6 – Trauma Trigger Mapping

Goal: Track and regulate activation patterns.

Use Trigger Log: Date, Trigger, Intensity (0–10), Body Sensations, Thought, Balanced Reframe.

Review weekly for patterns.

Week 7 – Identity Reconstruction

Goal: Redefine motherhood identity.

Journal: My motherhood did not end. It now includes...

Identify strengths that have emerged.

Week 8 – Future Orientation Without Betrayal

Goal: Reduce fear that healing equals forgetting.

Write integration statement: 'I will carry him forward by...'

Scripture: 1 Thessalonians 4:13–14.

Trauma Trigger Tracking Sheet (Repeat Weekly)

Date: _____

Trigger: _____

Intensity (0–10): _____

Body Sensations: _____

Primary Thought: _____

Distortion Type: _____

Regulation Skill Used: _____

Balanced Thought After: _____

Companion Prayer Guide

When overwhelmed: 'Lord, this grief feels heavier than I can carry. Be my strength.' (Psalm 34:18)

When guilty: 'Show me what is grief and what is false blame.' (Romans 8:1)

When sorting belongings: 'Jesus, sit with me in this room.' (John 11:35)

When fearing the future: 'Help me carry love without punishment.' (1 Thessalonians 4:13–14)