



This worksheet is part of the **GriefPlan: Heal, Remember, & Rebuild Program** created by Dr. Jason Troyer. This worksheet is copyrighted by Dr. Jason Troyer and may only be used by individuals in the GriefPlan Program. This worksheet and other GriefPlan materials may not be sold, copied, or distributed without the permission of Dr. Jason Troyer. Please see [GriefPlan.com](http://GriefPlan.com) for more details about the program and free resources.

## First Things: Finding Balance in the Past, Present, & Future

Past

Present

Future



### Overview

- Find your personal balance of time and energy spent focused on the past, present, & future.
- Avoiding any of these three areas may cause you to feel stuck in your grief.
- Focusing too much on the past may hurt your relationships with the living and your ability to rebuild your life
- Focusing too much on the future may "short-circuit" your grief and delay progress in your grief journey.

### Journaling Topics/Prompts

- What percentage of time are you focused on past vs. present. vs future? (e.g. 40%, 10%, 50%) What would you like those percentages to be?
- Do you feel out of balance in terms of your time focus?
- Which time period do you focus on least? Most? Why do you suspect that is?