



GRIEF AND LOSS

12-Session Self-Applied Digital Participant Workbook PRE-PURCHASE PROGRAM OUTLINE

Program Overview

The Grief and Loss Program is a structured 12-session self-applied digital participant workbook designed to support reflection, learning, coping strategies, progress monitoring and personal planning around grief and loss. The program explores identification of the loss or change, understanding grief and loss, emotional and physical responses, review and achievements, conflict resolution, coping with the loss of someone close, steps for overcoming grief and loss, the letting-go process, current thinking and grief, emotional and physical pain, consolidation, and exit planning with participant feedback.

ONLINE PURCHASE - WIX DIGITAL PRODUCT

Complete 12-session self-applied digital participant workbook

AUD \$39.95

One-time purchase | Digital PDF | Individual participant licence

What This Program Covers

This pre-purchase outline presents the program structure, price and inclusions without revealing the complete paid participant exercises, diary pages, worksheets or templates.

12-Session Program Outline

Session	Focus	Pre-Purchase Preview
1	Identification of the Problem	Identify the loss or change, current concerns and an initial supportive strategy.
2	What Is Grief and Loss?	Explore the participant's own experience and understanding of grief and loss.
3	Symptoms and Management	Notice emotional, physical, thinking and behavioural responses and identify coping options.
4	Review and Achievements	Review Sessions 1-3 and identify learning, progress, achievements and current priorities.
5	Conflict Resolution	Explore conflict that may arise during grief and practise constructive, respectful responses.
6	Coping With Loss of Someone Close	Explore coping, support and connection following the loss of someone close.
7	Steps for Overcoming Grief / Loss	Identify practical and supportive steps for continuing through grief and loss.
8	Letting Go Process / Cycle	Explore the letting-go process and personal meaning associated with change and loss.
9	Current Thinking and Grief	Review current thinking, self-talk and patterns that may affect the grief experience.
10	Emotional and Physical Pain	Reflect on emotional and physical experiences associated with grief and identify supportive responses.
11	Consolidation	Bring the learning from Sessions 1-10 together and identify the strategies and supports that are most useful.
12	Exit Planning and Feedback	Develop a continuing plan and complete participant feedback.

What Is Included After Purchase

- Complete 12-session self-applied Grief and Loss participant workbook.
- Guided personal reflection and participant writing activities.
- Session check-ins and practical action planning.
- Reusable Grief & Loss Reflection Diary.
- Personal Support Plan.
- Conflict-resolution and coping activities.
- Letting-go reflection.
- Thinking and self-talk review.
- Emotional and physical pain reflection.
- Consolidation, continuing plan and participant feedback.
- Certificate of Completion.

Who the Workbook Is For

This workbook is intended for adults seeking a structured self-applied educational and self-reflection resource for exploring grief and loss. Participants can work through the sessions independently and at their own pace, and may also use the workbook alongside appropriate professional support.

Digital Product Information

Product	Grief and Loss - 12-Session Self-Applied Digital Participant Workbook
Price	AUD \$39.95
Format	Digital PDF workbook
Delivery	Digital download after successful purchase via Wix
Licence	Individual participant personal-use licence
Physical product	No physical product is shipped

Wix Product Listing

Suggested Product Name

Grief and Loss - 12-Session Self-Applied Digital Participant Workbook

Wix Product Price

AUD \$39.95 - one-time digital product purchase.

Short Wix Product Description

A structured self-applied digital workbook designed to support participants in exploring grief and loss, recognising emotional and physical responses, developing coping approaches, reviewing thinking and conflict, and creating an ongoing personal support plan.

Suggested Wix Product Button

PURCHASE DIGITAL WORKBOOK - AUD \$39.95

Suggested Product Category

Digital Workbooks / Personal Development Programs

Suggested Wix Checkout Note

Digital Product - Please Read Before Purchasing. This is a digital PDF product. No physical workbook will be posted. Please ensure the email address entered at checkout is correct and securely save your workbook after purchase.

Pre-Purchase Protection

This preview explains the program and purchase inclusions without revealing the complete participant exercises, diary pages, worksheets or templates supplied in the paid workbook.

Customer Instructions

- Save the purchased workbook to a secure personal device.
- Work through the sessions at a pace appropriate to your circumstances.
- Use the reflection, coping and planning pages to record learning and supportive actions.
- Keep completed workbook pages private and store electronic and printed copies securely.
- Do not forward, upload, reproduce, resell or distribute the workbook to another person.

Individual Participant Licence & Copyright

© 2026 Divine Living Solutions. All Rights Reserved. Purchase provides a limited, non-exclusive and non-transferable licence for one participant to use and print the complete workbook for personal use. It may not be resold, redistributed, publicly uploaded, reproduced for groups or commercially reused without written permission, except where permitted by law.

Important Disclaimer

This workbook is an educational and self-reflection resource. Grief experiences vary widely and grief does not follow a fixed timetable. The workbook is not intended to diagnose, treat, cure or prevent a medical or mental-health condition and does not replace appropriately qualified professional assessment, diagnosis or treatment. No particular outcome is guaranteed.

PURCHASE DIGITAL WORKBOOK

AUD \$39.95

Available as a Vix digital product