### GRIEF JOURNAL

Guided journaling prompts





This journal belongs to

Tips for Journaling Through Grief

Write without judgment. Let your thoughts flow naturally.

Create a routine. Set aside a regular time for journaling, even if it's just 5 minutes a day.

Be kind to yourself. It's okay to take breaks or revisit prompts later.

Use tools that feel right. Whether it's a notebook, a digital journal, or even audio recordings, choose what works for you.

Remember, grief is a deeply personal journey. There is no right or wrong way to process it. Allow yourself grace and time as you navigate this path.

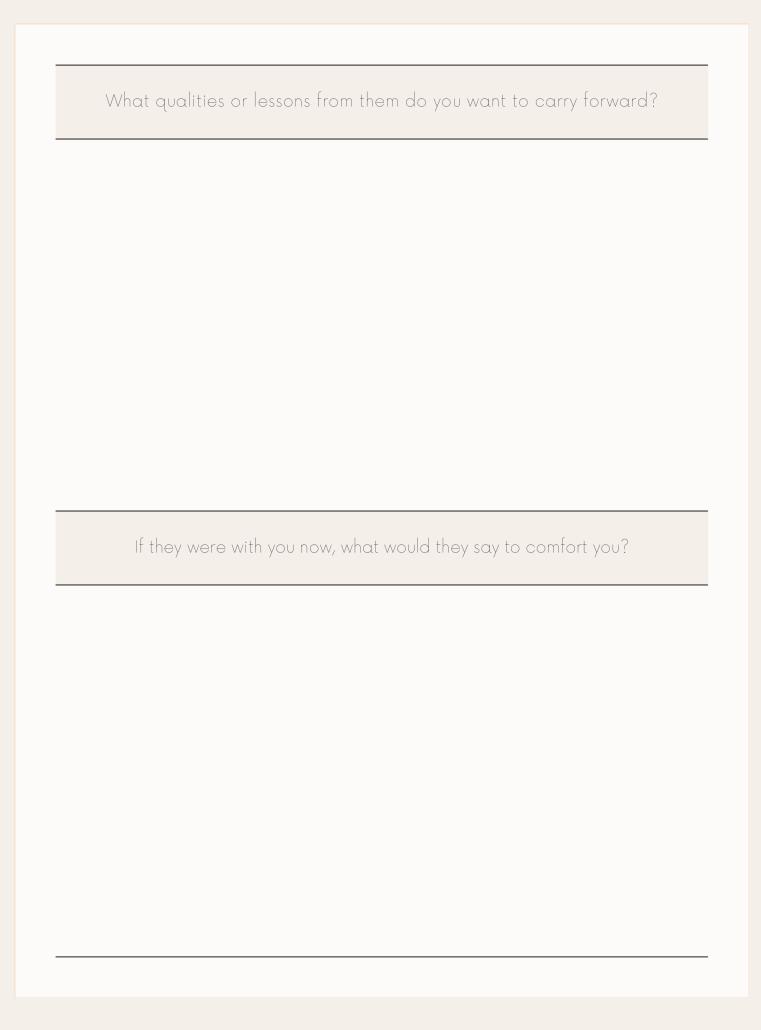
#### Section 1: Acknowledging Your Feelings

	yourself to na	ime and exploi	re each feeling	J.
Describe you	ur grief. If grief w	ere a color, sou	und, or shape, w	hat would it be?
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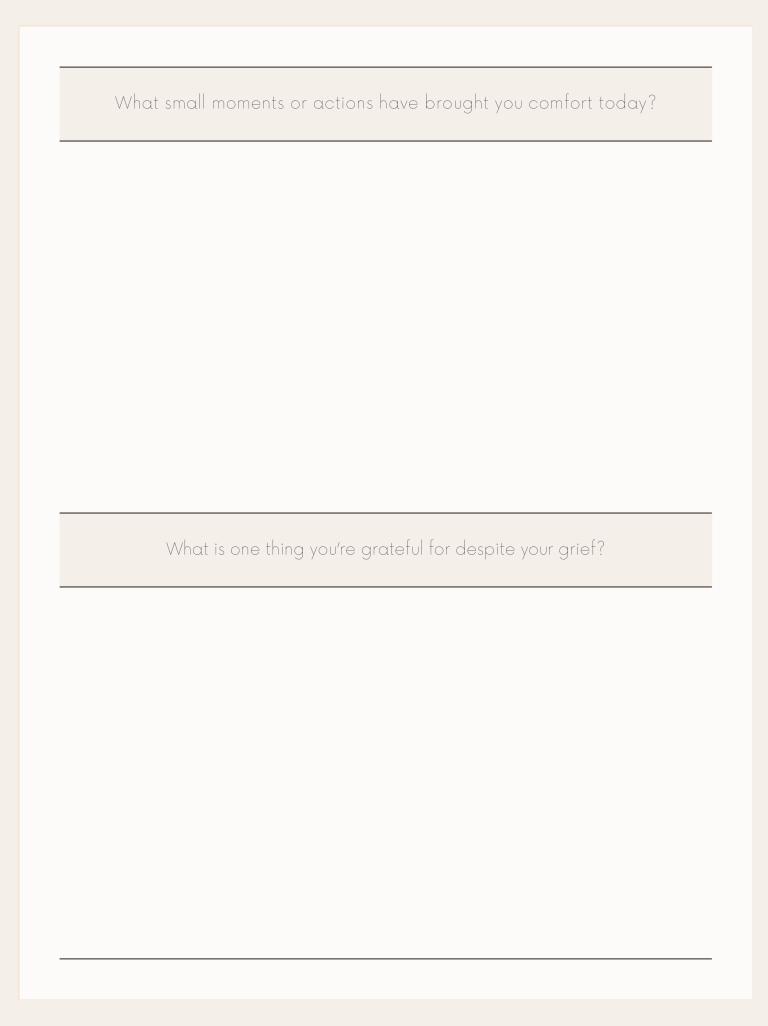
What has surprised you about how you're feeling? Are there emotions or thoughts you didn't expect?
What do you need most right now? Identify one or two things that could provide comfort.
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# Section 2: Remembering Your Loved One

Write a letter to the person you lost. Share what you're feeling and anything left unsaid. It's ok to share negative feelings here and to express anger. All of your feelings are valid.
What are three of your favorite memories with them? Describe them in detail.
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# Section 3: Coping in the Present Moment



How	are you caring for yourself? List ways you can nurture your body, and heart.	mind
	What has helped you the most so far in navigating your grief?	
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### Section 4: Looking Ahead

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What gives you a sense of connection to your loved one?
What would you tall same and also going through grief? Imagine you are
What would you tell someone else going through grief? Imagine you are offering support to a friend.
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### Section 5: Open Reflection

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Thank How

Thank you for allowing us to be apart of your healing journey. If you have anything to share or anything you want to see more of, please let us know!

~ Still She Rises Up