

Grief Journaling Prompts

1. What did you miss today about your loved one?

2. When was the hardest time of today?

3. What have you been feeling most of lately? Where did you feel it in your body?

4. What do you tend to feel when you're hit by a wave of grief?

5. What tends to trigger your feelings of grief? (events, holidays, songs, places, certain people, etc.)

6. What's one comforting memory of your loved one you remember?

7. What's one thing your loved one did or said that meant/means so much to you?

8. When do you feel most connected to your loved one?

9. How can you honor your loved one? Is there something you can do or give to celebrate their memory?

10. Is there something that you need to forgive your loved one for?

11. Is there something that you need to forgive yourself for?

12. When you felt overwhelmed with grief in the past, what helped you cope?

13. What can you do to take care of yourself when you feel overwhelmed by a difficult emotion?

14. What do you need to do more of or less of to show yourself compassion?

15. What do you need to remind yourself of to cope with difficult times? Write a mantra you can use when you feel overwhelmed by grief.

16. Who can you turn to for support when you're feeling overwhelmed? Do you feel comfortable asking for help? Why or why not?

20. In the absence of your loved one, what's your biggest motivation?

21. What's something you are still learning to accept?
