

Circle the personality traits that best describe the person who died.

Accepting	Dynamic	Overprotective
Active	Emotional	Overwhelming
Adventuresome	Energetic	Perfectionistic
Aggressive	Enthusiastic	Persuasive
Annoying	Fair	Playful
Anxious	Forgetful	Protective
Argumentative	Friendly	Punctual
Artistic	Funny	Quick to anger
Big-hearted	Good-natured	Rebellious
Calm	Graceful	Romantic
Caring	Honest	Scatterbrained
Charming	Hyperactive	Self-centered
Clever	Imaginative	Sensitive
Cold	Independent	Shy
Compassionate	Inflexible	Sincere
Competitive	Influential	Smart
Conceited	Insecure	Spiritual
Confident	Interesting	Spontaneous
Controlling	Inventive	Stubborn
Cooperative	Irritable	Temperamental
Courageous	Jealous	Tireless
Creative	Logical	Troubled
Critical	Loud	Trustworthy
Demanding	Moody	Warm
Dependable	Nervous	Wise
Detached	Nurturing	Witty
Direct	Opinionated	Wonderful
Dramatic	Outgoing	Worried

## Exercise: Write About Your Loss

When a powerful feeling, such as grief is ignored or suppressed, it usually comes out in disturbing forms: nightmares, flashbacks, intrusive thoughts, anxiety and even panic attacks, depression, addictions, fits of unexplained anger, stomach ulcers, weight loss (or gain), etc. Expressing your grief will help you release the pain and move on with your life sooner.

**Use the following prompts to write about your loss so you can create positive meaning for the lost relationship and move toward closure.**

1. What did the person you lost look like?

Approximate height \_\_\_\_\_      Approximate weight \_\_\_\_\_

Other distinguishing features:

---

---

---

2. Describe the personality of the person you lost. What personality traits of this person did you enjoy the most?

---

---

---

---

---

---

3. What roles did this person play in your life? How was your relationship with them?

---

---

---

---

4. What are the most beautiful memories you had with your deceased loved one?

---

---

---

---

---

---

---

---

---

---

5. What did you like about them most?

---

---

---

---

---

---

---

---

## 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?

---

---

---

---

---

17. What is something you wish your support system would understand?

---

---

---

---

---

---

18. Write a letter to your loved one.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





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

---

---

---

---

---

---

---

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

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---