

# Grief 5-Minute Journal



I'm sad that
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I'm angry at

I'm angry that	

# I'm disappointed that...


I resent that

I'm hurt that

I'm worried that...


I'm confused about...


# I'm sorry that...


I'm happy that...

I'm grateful that...


I'm relieved that...

#### I miss how...


#### It's hard to...


#### If I could do things over again, I would...

#### If I could do things over again, I wouldn't...

I understand why...

# I don't understand why...


# You were supposed to...


You weren't supposed to...

I was supposed to...

# I wasn't supposed to...


I wish you had...

I wish you hadn't...


I wish I had

I wish I hadn't

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Why did you?

Why didn't you?	
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# I regret that...

#### I know...

I don't know

#### I feel like...


I need to tell you...


I need you to know...

#### What I need most right now is...

I've learned