

GRIEF JOURNALING PROMPTS

- 01 Reflect on a cherished memory or moment you shared with the person you lost. Describe it in detail and write about how it makes you feel.
 - 02 What are some of the things you miss most about the person you lost? How has their absence impacted your life?
 - 03 Explore the range of emotions you have experienced since the loss. Write about the different emotions that have surfaced and how they have changed over time.
 - 04 How has your perspective on life and mortality changed as a result of your loss? Has it influenced your priorities, values, or goals?
 - 05 Describe a coping mechanism or self-care practice that has been helpful for you during your grieving process. How does it support your emotional well-being?
 - 06 Write a letter to the person who passed away. Share your thoughts, feelings, and any unfinished conversations or unresolved emotions you have.
 - 07 What are some of the lessons or insights you have gained from your experience of grief? How have these lessons shaped you or influenced your worldview?
 - 08 Explore any regrets or unfinished business you may have regarding your relationship with the person you lost. Is there anything you would have liked to say or do differently?
 - 09 Write about a support system or person who has been instrumental in helping you through your grief. How have they provided comfort or understanding?
 - 10 Imagine a future version of yourself who has found healing and peace after the loss. Describe what that looks like and reflect on the steps you can take to move towards that vision.
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