

GRIEF JOURNAL

GRIEF JOURNALING IS A POWERFUL TOOL FOR NAVIGATING THE COMPLEX EMOTIONS AND EXPERIENCES THAT ACCOMPANY LOSS. THIS WORKSHEET IS DESIGNED TO BE A TOOL FOR HELPING YOU THROUGH THE PROCESS OF EXPRESSING AND UNDERSTANDING YOUR FEELINGS DURING A TIME OF GRIEF.

My grief looks like:

My life has changed in the following ways since the loss :

Here are things I wish my loved one got to see or be a part of:

I feel saddest when:

Right now I feel:

