

Grief Journal

A guided journal to help you process loss, express your emotions, and reflect gently as you heal.

Introduction

Grief is not something you “get over.”

It is something you learn to live with, slowly, gently, and in your own time.

This journal gives you space to:

- express without judgment
- explore your feelings safely
- understand your emotional patterns
- reflect on memories, pain, love, and meaning
- build strength day by day

Use one page a day, a few times a week, or whenever your heart needs it.

SECTION 1: Daily Grief Check-In

Daily Entry Template

Date:

Time:

Where I am writing from:

1. My Feelings Today

(Write freely or choose from words like sad, angry, numb, confused, overwhelmed, calm, grateful, exhausted, hopeful.)

Today I feel... because...

Write a few sentences.

2. My Body Feels Like...

- Heavy or light?
- Tight chest?
- Tired?
- Restless?
- Hungry?
- Tense shoulders?

Description: _____

3. A Memory That Came to Me Today

It could be happy, painful, neutral, or confusing.

Memory: _____

How it made me feel: _____

4. One Thing That Was Hard Today

5. One Thing That Was Okay or Good Today

(Doesn't have to be big — a meal, a smile, a breath of fresh air.)

6. What I Need Right Now

Choose one or write your own.

- Rest
- Comfort
- Support
- Space
- Prayer
- Company
- Distraction
- Warmth
- Reassurance
- Quiet
- A walk
- Food or water

My need today: _____

SECTION 2: Guided Prompts For Deep Reflection

Use these anytime — morning, night, or during emotional waves.

1. Write a letter to the person (or thing) you lost.

Tell them what you miss... what you wish you could say... what hurts most.

2. What do you wish people understood about your grief?

****3. Describe a moment when the pain felt overwhelming.**

What helped you survive that moment?**

4. What are you afraid of since the loss happened?

5. What do you feel guilty about?

(And then gently write why you are not to blame.)

6. List 3 things your loved one (or past life season) added to your life.

- 1.
- 2.
- 3.

7. Write about something you wish you didn't remember — and something you wish you never forget.

8. What do you think healing will look like for you?

SECTION 3: Coping & Self-Compassion

1. What helped you cope this week?

(List anything: crying, journaling, prayer, talking, showers, music, food, walking.)

2. Who showed you kindness (even in a small way)?

3. List 3 things you can do when a grief wave hits.

- 1.
- 2.
- 3.

4. Write yourself a compassionate note.

Examples:

- “I’m trying. That’s enough.”
- “My feelings are valid.”
- “I am surviving something that changed me.”

Write your own:

SECTION 4: Memory & Meaning

1. What did your loved one teach you?

2. A beautiful moment you shared.

3. How do you want to honor their memory (or honor the chapter you lost)?

- Plant something
- Light a candle
- Do an act of kindness
- Pray
- Create a tradition
- Write a poem

Your plan: _____

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SECTION 5: Healing Forward

1. What are you learning about yourself through this grief?

2. What small thing makes you feel alive again — even for a moment?

3. A hope you have for the future (even if tiny).

4. One gentle step you will take this week.

Final Reflection

Grief is love with nowhere to go.

This journal helps give it a home — a space where your feelings can breathe.

Healing doesn't mean forgetting.

It means carrying your loss with grace, slowly finding your way forward.

You are doing the best you can.

And that is enough.