SELFGROWTH.ORG

My Grief Journal

Gentle prompts for after a loss. Pick what suits today, skip the rest, and stop whenever you need to.

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01 Settle in

Check in with yourself first. There is no right answer.

How much do I feel able to write today?

1 2 3 4 5 6 7 8 9 10

Only a line or two — As much as I need

Right now, in a few words, I feel:

If this gets heavy, I'll:

- [ ] Stop and take a few slow breaths
- [ ] Get a drink or some fresh air
- [ ] Contact someone I trust
- [ ] Close the page and come back another day

02 Who they are to me

Pick any one of these.

Describe them to someone who never met them.

What is a small habit, phrase or gesture of theirs that I can still picture?

What did I learn from them, or what did they give me?

03 What today is like

Not what you think it should be like. What it's like.

Describe today so far in as much detail as I want.

What did I notice that surprised me about how I felt?

A moment today when I felt something other than the loss, even for a second:

04 What I miss

Small things count.

Ten small things I miss:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Which of these is hardest, and why?

05 What I wish I'd said

A letter that doesn't need to be sent. You can leave it on the page.

Dear ... (write to them)

What would they say back?

06 When it's hard

If you are having thoughts of ending your life, stop writing and call Samaritans on 116 123 (UK and Ireland) or call or text 988 (US) now. Otherwise, here are some prompts for the harder moments. Only if you feel up to them.

What is the hardest part right now, and have I told anyone about it?

Is there something I'm blaming myself for? What would I say to a friend who felt the same?

What do I need most this week, and who could I ask?

07 Small comforts

Looking after yourself counts as part of grieving.

Small things that have helped me, even a little:

1. _____
2. _____
3. _____
4. _____
5. _____

One kind thing I'll do for myself in the next 24 hours:

_____

_____

08 Prompts to take with you

Tick these off over time. One is plenty for a sitting.

- [ ] What is a place that reminds me of them?
- [ ] What would I want to ask them today?
- [ ] What is a song, smell or food I connect with them?
- [ ] What do I want to remember about the last time I saw them?
- [ ] How have my relationships with others changed since?
- [ ] What do I want people to understand about how I am?
- [ ] What feels unfinished?
- [ ] What would I like to do in their memory, if anything?

When you're done, a moment to reflect

- How was it to write today? Was there a line I'd like to keep?
- Did anything come up that I'd like to tell someone?
- What would help me look after myself this evening?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/grief-journal-prompts

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.