

## Guided Grief Journals/Interactive Journals

Grief Day By Day – Jan Warner

The Widow's Journal – Carrie P. Freeman

How to Carry What Can't Be Fixed – Megan Devine

The Good Grief Journal – Jill Alexander Essbaum

The Understanding Your Grief Journal – Alan Wolfelt

## Journal Prompts

You don't need a guided journal to assist with your grief. If you're wanting to start a blank journal for processing your grief, consider these prompts to get you started:

- Today, I miss...
- When I feel upset, I can call...
- Today, I remembered...
- This experience has taught me...
- Do I have any regrets about this situation?
- If I could say something to you, I would say...
- What are some ways that you've expressed grief in the past? Were they helpful to you?
- What feelings am I looking forward to? What feelings do I want to leave behind?
- Write a list of activities that you can engage in to make yourself feel better
- Do I feel comfortable asking for help? Why or why not?
- Who is in my support system?
- Make a list of ways you feel taken care of both by yourself and by others
- What's a positive memory I have of this person or situation?
- How did this person or experience make you feel?
- Write a list of things specific to your loved one that you admired
- What creative ways do I use to express my feelings? If I can't think of any, what are some I can try?
- Make a list of a few different ways you can honor your loved one or your loss
- When I am overcome by grief, here is a mantra or affirmation I can use to comfort myself:
- Here are five ways I can be compassionate with myself today...
- Do I know anyone else who is grieving? How can I offer support to them today?

Prompts courtesy of Hope + Wellness: <https://bit.ly/3H4IMKR>