

Journaling Prompts

I found that in my grief journey, journaling has been, and continues to be, a great source of comfort and growth. Journaling has allowed me to release a lot of negative emotions, as there is something about getting them on paper that gives me a new perspective on them. Journaling can be a great catharsis for many people. Below, you'll find a number of journaling prompts to help you process some of the emotions that you're feeling. I encourage you to keep your journal some place that you have no fear of someone finding it. When you know your journal is private, you will be much more likely to be extremely open, honest, and raw. The most healing will come when you are completely vulnerable.

- Write about your favorite memory of your loved one. Describe the sounds, smells, feelings, and mood surrounding your memory. Write down every detail you can remember.
- Write about all the ways that your loss has made you more resilient.
- What calluses have you built up against little things that used to bother you, but now seem unworthy of your time?
- What part of the "old you" do you miss the most?
- Write down every detail you remember about the day your loved one died, both before and after.
- Do a brain dump. Write everything you're thinking and feeling. It feels good to get it all out.
- Write a letter to your deceased loved one. What would you say if you had the chance?
- Write letters to your living loved ones. Say all the things you'd want to say if this was your last chance to say it.
- Write down all of the ugly thoughts in your head. Write down all of the mean things you wish you could say, and all of the hateful thoughts. Get the ugliness out of your heart and onto paper. When you're done, burn the pages and say goodbye to the bitterness and hatred.
- Count your blessings. Write about all the good things in your life from the little things to the big things.
- Write about what you would do if you had one more day with your loved one. Plan the day from the moment you wake up to the moment you go to bed.
- Write a letter to the thing or person responsible for taking your loved one from you. Tell them how you feel, and all of the thoughts you have surrounding their part in the loss of your loved one.
- Write a letter to yourself. Take on the role of someone who cares about you deeply. Write all the nurturing things you need to hear and reread the letter when you're feeling discouraged.
- Write about what you need right now. What do you need to get through one more day? Make sure these are *attainable* things. Then go after what you need!
- What things in your life prepared you for what you're going through right now?
- Write about the range of emotions you've felt since your loss.
- Write about all the ways you can honor your loved one. Is there some sort of memorial you'd like to do for them but haven't? If so, make a list of the steps you need to take to accomplish the memorial.
- Chose a song that reminds you of your loved one. Write the lyrics down.
- How can you love yourself more?
- Write about the guilt you may be feeling about feeling joy again. Why is that guilt unjustified?
- Write about the place that you feel closest to your loved one. Be as detailed as possible.
- Write a future for yourself. Look at where you are now, and where you want to be. Write about the steps you could take to get to where you want to be.

- How do you feel spiritually since your loss? Are you struggling to make sense of things, or have you found peace as a result of your beliefs?
- Do you believe that your loved one sends you signs? If so, write about them.
- Write thank you letters to the people that rallied around you after your loss. You may choose to send the letters or keep them.
- When do you feel the safest?
- How has your loss changed the way you interact in the world?
- Write down all the things you wish you could say to people that treat you differently since your loss.
- What are some of your coping mechanisms? Which ones are beneficial for your overall well-being, and which ones are detrimental?
- Is there guilt or regret that seems to be holding you back from moving forward or from healing?
- What brings you a sense of peace? How can you have more of that peace in your life?
- What are some of your grief triggers?
- How has your health changed since your loss? What are some steps you could take to take better care of yourself and those who depend on you?
- The seven stages of grief (according to the Kubler-Ross model) are shock, denial, anger, bargaining, depression, testing, and acceptance. What stage(s) do you find yourself in?
- What do you miss the most about your loved one?
- What are you going to do now that your loved one is gone?
- What was the best thing that your loved one taught you about life?
- What are some things you've learned about yourself through this experience?
- What are you willing to do to help yourself heal?
- What memory always makes you smile?
- What are some negative thoughts you would like to reduce?
- What are some positive thoughts you would like to increase?
- What are you having a hard time understanding?
- What are you ready to let go of?
- If the situation were reversed, and *you* were the one who died, what would you say to your loved one that is still alive? What would you say to comfort them? Do you think they would say the same to you?