

Journaling Prompts For Anyone Dealing With Grief

1. Today, I miss.....
2. Who is your support system?
3. Write down a funny memory you have of the person you lost
4. If I could forgive myself for something, it would be.....
5. Write about a time you had difficulty getting along with the person you lost.
6. Write a letter to your loved one about anything you want
7. I need more of
8. I need less of....
9. Describe your loved one in 10 words
10. One thing I want to remember is...
11. This experience has taught me...
12. If you could tell your loved one about your day, what would you tell them?
13. Have you dreamed about the person you lost? Write down what happened in the dream
14. What was your loved one's favorite holiday? How can you celebrate and remember them on this day?
15. What songs make you think of the person you miss?
16. Do you feel comfortable asking for help? Why or why not?
17. Name a few things you engage in that you know aren't good for your mental health, especially during this time, and write through how you can engage with them less.
18. Come up with a mantra you can say to yourself when a wave of grief comes on.
19. How can you take care of your physical health today?