

the
GRIEF
RELIEF
JOURNAL

This journal is designed to help you navigate the emotional journey of coping with your loss. The grieving process is a personal and individual experience, and there is no right or wrong way to do it.

This journal is intended to provide you with a safe and private space to express your thoughts and feelings about your loss. You will find prompts and exercises that can help you process your emotions, reflect on your memories and gain some perspective on your situation. This journal will help you find some comfort and healing and help you navigate the rollercoaster of emotions that come with grief.

We encourage you to use this journal regularly and to be honest and open with your thoughts and feelings. Take your time and work through your emotions at your own pace. Remember that grief is a normal and natural process, and it takes time to heal. And it's okay not to be okay but to keep moving forward. Please know that there is no time limit for grief and healing. This journal will be here for you whenever you need it.

"NEVER. WE NEVER LOSE OUR LOVED ONES. THEY ACCOMPANY US; THEY DON'T DISAPPEAR FROM OUR LIVES. WE ARE MERELY IN DIFFERENT ROOMS."

- P A U L O C O E L H O

REFLECTION & MEMORIES





*The memories we shared will
live on forever in my heart.*



This section of the journal is dedicated to reflection on memories. We know that losing someone or something is hard, and it can be difficult to come to terms with the fact that we can no longer share new memories with them.

Reflecting on the memories we shared can be a way to honor the person or thing we lost and keep their legacy alive.

We encourage you to take your time and be honest with your thoughts and feelings as you reflect on your memories.

It's important to note that reflecting on memories can be a powerful way to cope with loss and find peace. but it can also bring up feelings of sadness and pain.

It's important to take care of yourself and to stop if you feel that it's too hard.



WRITE A LETTER TO YOUR LOVED ONE
TELLING THEM WHAT THEY MEAN TO YOU

[illegible]

WHAT WAS YOUR FIRST MEMORY OF
YOUR LOVED ONE?

[illegible]

“

"I AM GRATEFUL FOR
THE TIME I HAD
WITH MY LOVED
ONE."



WHAT IS YOUR FONDEST MEMORY OF
YOUR LOVED ONE?

[illegible]

DESCRIBE A SPECIFIC MOMENT OR EVENT
YOU SHARED WITH THEM THAT YOU WILL
ALWAYS REMEMBER.

[illegible]

“

"I AM STRONG
ENOUGH TO FACE
THIS AND I WILL
COME OUT
STRONGER ON THE
OTHER SIDE."



WHAT ARE SOME OF THE THINGS YOU LEARNED FROM THEM?

[illegible]

WHAT WAS YOUR LOVED ONE
KNOWN FOR?

[illegible]

“

"I TRUST THE
PROCESS OF
HEALING."



WHAT WAS YOUR FAVORITE
THING ABOUT THEM?

[illegible]

WRITE ABOUT A TIME WHEN
YOUR LOVED ONE MADE YOU LAUGH

[illegible]

“

"I CHOOSE TO
FOCUS ON THE
GOOD MEMORIES
AND TO LET GO OF
THE PAIN."



WHAT WAS YOUR LAST MEMORY
WITH THEM?

[illegible]

WHAT DO YOU WISH YOU COULD TELL
THEM NOW?

[illegible]

EMOTIONS & FEELINGS





It's okay to feel a range of
emotions and to let them pass
through me.



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This section of the journal is dedicated to exploring and expressing emotions and feelings related to your loss. Grief can be an overwhelming and confusing experience, and it's important to allow yourself to feel and process your emotions.

This section will provide prompts that will help you to identify and express your feelings, whether they are positive or negative. Remember that there is no right or wrong way to feel, and that it's okay to feel a range of emotions.

It's important to remember that emotions can change rapidly, especially when one is going through a difficult time, and that is normal.



WHAT ARE YOU FEELING TODAY?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WRITE ABOUT A TIME WHEN YOU FELT A
STRONG EMOTION TODAY.

[illegible]

“

"I CHOOSE TO FIND
MEANING IN MY
LOSS."



WHAT EMOTIONS COME UP WHEN YOU THINK ABOUT YOUR LOVED ONE?

[illegible]

HOW HAS YOUR LOSS AFFECTED YOUR EMOTIONS?

[illegible]

“

"I RELEASE THE PAIN
AND LET IN
HEALING."



WHAT ARE THE THINGS THAT TRIGGER YOUR
EMOTIONS?

[illegible]

HOW DO YOU DEAL WITH DIFFICULT EMOTIONS?

[illegible]

“

"I AM SURROUNDED
BY LOVE AND
SUPPORT."



HOW HAS YOUR LIFE CHANGED
EMOTIONALLY SINCE THE LOSS?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WRITE ABOUT A TIME WHEN YOU FELT AT
PEACE WITH YOUR LOSS.

[illegible]

“

"I HONOR MY
FEELINGS AND
EMOTIONS."



WHAT ARE THE EMOTIONS YOU WISH YOU
COULD FEEL?

[illegible]

WHAT ARE THE EMOTIONS YOU WISH YOU
COULD AVOID?

[illegible]

COPING STRATEGIES





*I am strong and I have the
ability to find peace and
healing*



This section of the journal is dedicated to exploring and implementing coping strategies to help you navigate your grief.

Grief can be overwhelming, and it's important to have tools to help you cope with difficult emotions. This section will provide prompts that will help you identify coping mechanisms that work for you, and encourage you to engage in active coping strategies that can improve your emotional well-being.

Remember that healing is a process and it takes time, and that it's okay to try different strategies until you find the ones that work for you.

It's important to note that coping strategies may differ from person to person, and that what works for one person may not work for another.

It's also important to keep in mind that it's normal to have good and bad days, and that it's ok to try different strategies until you find the ones that work for you.



WHAT ARE SOME THINGS THAT HELP YOU
FEEL BETTER WHEN YOU'RE FEELING DOWN?

[illegible]

WRITE ABOUT A TIME WHEN YOU USED A
COPING MECHANISM AND IT WORKED.

[illegible]

“

"I AM CAPABLE OF
FINDING JOY AND
BEAUTY IN LIFE."



WHAT ARE SOME THINGS YOU DO TO TAKE CARE OF YOURSELF?

[illegible]

HOW DO YOU PRACTICE SELF-CARE?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

“

"I AM STRONG
ENOUGH TO LET GO
AND MOVE ON."



WHAT ARE THE THINGS THAT YOU'RE
GRATEFUL FOR TODAY?

[illegible]

WHAT ARE THE ACTIVITIES YOU ENJOY DOING?

[illegible]

“

"I AM GRATEFUL FOR
THE LESSONS AND
GROWTH THAT
COME WITH GRIEF."



HOW DO YOU PRACTICE MINDFULNESS?

[illegible]

HOW DOES VOLUNTEERING OR HELPING OTHERS MAKE YOU FEEL?

[illegible]

“

"I AM SURROUNDED
BY UNDERSTANDING
AND COMPASSION."



HOW DO YOU COPE WITH DIFFICULT EMOTIONS?

[illegible]

WHAT ARE THE THINGS YOU DO TO DISTRACT YOURSELF FROM DIFFICULT EMOTIONS?

[illegible]

MINDFULNESS & SELF-CARE





*I deserve to take care of myself
and to find balance in my life*



This section of the journal is dedicated to exploring and practicing mindfulness and self-care. Grief can be overwhelming and it's easy to get caught up in the whirlwind of emotions.

Mindfulness and self-care can help you to stay grounded in the present moment and to take care of your physical and emotional well-being.

This section will provide prompts that will encourage you to focus on the present moment, practice self-compassion, and take care of yourself.

It's important to remember that grief can be overwhelming and self-care is important in order to maintain physical and emotional well-being, and to find balance and peace.



WHAT DID YOU DO TO TAKE CARE OF
YOURSELF TODAY?

[illegible]

WRITE ABOUT A TIME WHEN YOU FELT
PARTICULARLY PROUD OF YOURSELF FOR
TAKING CARE OF YOURSELF.

[illegible]

“

"I AM SURROUNDED
BY HOPE AND
POSSIBILITY."



HOW DO YOU PRACTICE SELF-COMPASSION?

[illegible]

WHAT ARE THE THINGS YOU DO TO RELAX?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

“

"I AM OPEN TO
FINDING PEACE AND
CLOSURE."



HOW DO YOU TAKE CARE OF YOUR PHYSICAL WELL-BEING?

[illegible]

HOW DO YOU PRACTICE MINDFULNESS?

[illegible]

“

"I CHOOSE TO
FOCUS ON THE
GOOD MEMORIES."



WHAT ARE THE THINGS YOU DO TO REMIND YOURSELF THAT YOU'RE NOT ALONE?

[illegible]

HOW DO YOU PRACTICE SELF-CARE?

[illegible]

“

"I AM WORTHY OF
LOVE AND
HAPPINESS."



WHAT ARE THE THINGS YOU DO TO FEEL
GROUNDED IN THE PRESENT MOMENT?

[illegible]

WHAT ARE THE THINGS THAT MAKE YOU FEEL
GOOD?

[illegible]

HOPE & PERSPECTIVE





*There is always hope for a
brighter future*



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This section of the journal is dedicated to exploring perspective and hope in the face of loss. Grief can be overwhelming and it's easy to feel stuck in the past.

This section will provide prompts that will encourage you to focus on the future, and to find hope and meaning in the midst of your loss.

It's important to remember that perspective and hope are important in order to move forward and to find meaning in the midst of loss.



WHAT ARE YOUR HOPES FOR THE FUTURE?

[illegible]

WRITE ABOUT A TIME WHEN YOU FELT
HOPEFUL.

[illegible]

“

"I LET GO OF THE
PAST AND EMBRACE
THE PRESENT."



HOW DOES YOUR LOSS AFFECT YOUR PERSPECTIVE ON LIFE?

[illegible]

WHAT ARE THE THINGS THAT YOU'RE
LOOKING FORWARD TO?

[illegible]

“

"I TRUST THE
JOURNEY OF MY
HEALING."



HOW DOES YOUR LOSS AFFECT YOUR GOALS?

[illegible]

HOW DO YOU FIND MEANING IN YOUR LOSS?

[illegible]

“

"I AM SURROUNDED
BY LOVE AND
POSITIVITY."



WHAT ARE THE THINGS THAT BRING YOU
HOPE?

[illegible]

HOW DOES YOUR LOSS AFFECT YOUR RELATIONSHIPS?

[illegible]

“

"I AM GRATEFUL FOR
THE TIME I HAD
WITH MY LOVED
ONE."



WHAT ARE THE THINGS THAT GIVE YOU
STRENGTH?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WHAT ARE THE THINGS THAT YOU'RE
THANKFUL FOR?

[illegible]

CONNECTION & HELP





*I am never alone , I have a
support system to help me
through this.*



This section of the journal is dedicated to exploring connections and building a sense of community in the face of loss.

Grief can be isolating and it's important to have a support system. This section will provide prompts that will encourage you to reach out to others, to build connections, and to find support.

It's important to remember that connection and support are important in order to cope with loss, and that it's okay to reach out for help.



WHO DID YOU TALK TO TODAY?

[illegible]

WRITE ABOUT A TIME WHEN YOU FELT
SUPPORTED BY SOMEONE.

[illegible]

“

"I AM STRONG AND I
CAN GET THROUGH
THIS."



HOW DOES YOUR LOSS AFFECT YOUR CONNECTIONS?

WHO ARE THE PEOPLE THAT SUPPORT YOU
ON THIS JOURNEY?

“

"I AM NOT ALONE, I
HAVE A SUPPORT
SYSTEM TO HELP
ME."



HOW DOES YOUR LOSS AFFECT YOUR RELATIONSHIPS?

HOW DO YOU BUILD CONNECTIONS?

“

"I AM HEALING, ONE
DAY AT A TIME."



WHAT ARE THE THINGS THAT YOU DO TO
FEEL CONNECTED?

HOW DOES COMMUNITY HELP YOU COPE?

“

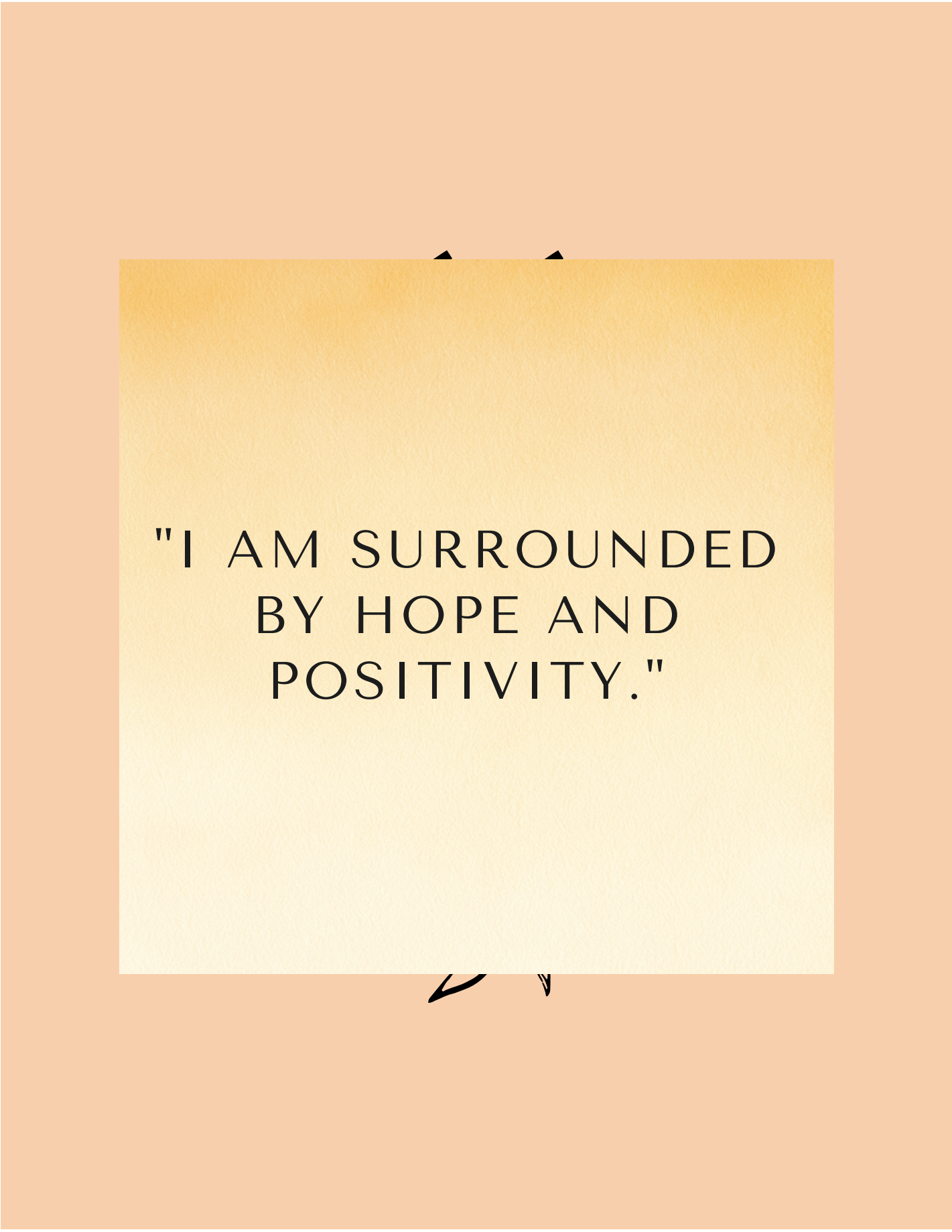
"I AM ALLOWED TO
FEEL MY EMOTIONS
AND TO PROCESS
THEM."



WHAT ARE THE THINGS THAT YOU'RE
THANKFUL FOR?

WHAT ARE THE THINGS THAT YOU DO TO
REACH OUT FOR HELP?

[illegible]



"I AM SURROUNDED
BY HOPE AND
POSITIVITY."