



Grief Journal Prompts

- Define grief in your own words. Has that definition changed over time? If so, how?
- Does your gender identity define how you grieve or how others perceive your grief?
- Are you going to counseling to help process your loss? If yes, how's it going? If not, do you think it could help?
- What are some secondary losses that you have experienced? Are there any that were unexpected or surprising?
- What would you tell someone who is experiencing new loss that you wish someone had said to you?
- How do you wish your support system would step up, or step back?
- Describe your loved one's personality, likes, dislikes, and character traits.
- Create a mantra you can return to when grief becomes overwhelming.
- Write down something your loved one said to you or did for you and why it meant/means so much.
- When I feel most overwhelmed with grief, the thing that helps the most when I tell myself...
- To be more compassionate towards myself, I am willing to try...
- Whenever I start to feel overwhelmed by pain, regret, guilt, or despair, I will...
- The things I can do to help celebrate your memory are...
- Have your values changed since you started grieving? How?
- Do you believe you have a responsibility to live partially on behalf of the person you grieve/the loss you suffered? Why or why not?
- My most difficult memory of my loved one is...because...this memory makes me feel...
- Some of my grief triggers are...
- How did your loved one make you feel?
- Name 3 favorite qualities of the one you lost.
- Have you had dreams or mystical experiences of your loss? If so, can you describe it and how you felt about it?
- Record a favorite holiday memory with your loved one.
- Do you find yourself judging your grief-related symptoms/reactions? If so, how?
- Do others in your life judge certain grief-related symptoms/reactions?
- What are you most afraid of since the loss or since you started anticipating the loss?
- How does your cultural background influence your grief and mourning?
- How do you feel about the concept of learning to reconcile rather than get over grief?
- Describe the circumstances of the loss. How did you learn about it? Was it expected or unexpected?
- Are there any other significant losses impacting your grief?
- Do you have any family rules about coping with loss/grief?

- The pain of your grief will keep trying to get your attention until you have the courage to gently, and in small doses, embrace it. How is the pain of your grief trying to get your attention?
- I feel most connected to my loved one when...
- Write about where you feel your grief in your body. Where does your grief stay?
- Write down a list of people you can turn to for support either in person or virtually.
- Do you feel comfortable asking for help? Why or why not?
- If you could tell your loved one about your day, what would you tell them?
- What is one thing you could try to make today easier on yourself?
- Is there anyone else I know going through this right now? How can we support each other?
- What is something you wish your support system would understand?
- One feeling I've felt coming up a lot lately is...
- Describe a memory with your loved one that makes you cry.
- Describe a memory with your loved one that makes you laugh.
- Today I'm struggling with...