

Sample

I can do this.

A grief journal



[www.GrieveWell.com](http://www.GrieveWell.com)

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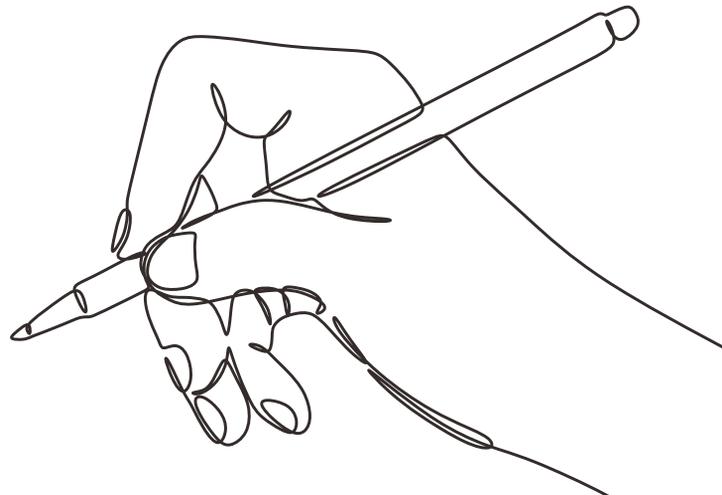
Give sorrow words:  
The grief that does not speak  
knits up the overwrought  
heart and bids it break.

”

-William Shakespeare, Macbeth

A grief journal gives you a safe and judgment-free place to explore your thoughts and feelings, to find ways to remember your loved one, and to record your ongoing journey through grief. When we experience grief, the enormity of it is overwhelming. It is extremely helpful to read your own words and help you get in touch with thoughts, memories and emotions buried inside you. Record as many details as possible, as details will help bring the memories alive.

Determine the best time of day to journal for yourself. Create a space for journaling whether that's in your favorite chair, outside on your porch, in front of a fireplace, or at your kitchen table. Decide if you want to use a computer or a pen and paper. Once you've figured these things out, then try to journal in the same way and place every time. After a while, as soon as you get into that comfy spot, it's almost like your mind is poised to get busy journaling. It's almost automatic.



“ There is no greater agony  
than bearing an untold  
story inside you. ”

-Maya Angelou

## What is your untold story?

Reflect on the quote before turning the page and beginning to write

### Self Care Corner

#### Today I have...

Gotten enough sleep

 Yes No

Drank enough water

 Yes No

Remembered to eat

 Yes No

Made time for myself

 Yes No

#### Tomorrow I will...

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### What would the title of your story be?

Draw or describe what the cover  
of your story would look like







“

I see people, as they approach me, trying to make up there minds whether they'll say something about it or not.

I hate if they do, and if they don't. ”

-CS Lewis, A Grief Observed

## What would you like to hear someone say to you when they see you after your loss?

Reflect on the quote before turning the page and beginning to write

### Self Care Corner

#### Today I have...

Gotten enough sleep

Yes  No

Drank enough water

Yes  No

Remembered to eat

Yes  No

Made time for myself

Yes  No

#### Tomorrow I will...

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### What would you like someone to say to you if they could only use emojis?

Draw or describe your response



“ When someone is in your heart, they’re never truly gone. They can come back to you, even at unlikely times. ”

-Mitch Albom, For One More Day

## Have you had an experience that triggered your memories of them?

Reflect on the quote before turning the page and beginning to write

### Self Care Corner

#### Today I have...

Gotten enough sleep

Yes       No

Drank enough water

Yes       No

Remembered to eat

Yes       No

Made time for myself

Yes       No

#### Tomorrow I will...

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### What objects remind you of your loved one?

Draw or describe your response





# Sample

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and content.



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