

Grief Journal Starter Kit

Introduction

A gentle guide to help you begin your grief journey. Use this journal to honor your thoughts, release emotions, and find comfort as you heal.

Section 1: Getting Started with Journaling

- Find a quiet 5-10 minute break during your day
- Let go of structure - this is a space to feel, not perform
- Be kind to yourself; some days will feel harder than others

Section 2: Daily Journal Prompts

Use these prompts daily or whenever you need support:

- * Today, I feel...
- * Something that made today harder was...
- * A small comfort I noticed today was...
- * One thing I wish others understood about my grief is...
- * If I could talk to my loved one today, I would say...
- * A memory that surfaced today...
- * What I need most right now is...
- * My body feels... and I want to care for it by...

Section 3: Reflection Prompts

Use these weekly or when you feel ready to reflect:

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- * What has changed in me since my loss?
- * How am I different at work? What feels harder? What feels easier?
- * What support do I wish I had? Can I ask for it?
- * What would it look like to be gentle with myself this week?
- * Who can I talk to about how I'm feeling?

Section 4: Blank Pages

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