Grief journaling prompts

- Today, I'm having a hard time with…
- One thing I want to remember about them is…
- Describe a memory with your loved one that makes you laugh.
- Describe a memory with your loved one that makes you cry.
- What was their favorite holiday?
- Keep a running list of activities you can turn to in order to feel better.
- One cause they were passionate about is…
- Today, I miss…
- Write down a list of people you can turn to for support, either in person or virtually.
- One feeling I've felt coming up a lot lately is…
- Write about where you feel your grief in your body. Where does your grief stay?
- Where does your mind go when you let it wander?
- What is one thing you could try to make today easier on yourself?
- I need more of…
- I need less of…
- What is something that makes you feel taken care of?
- Do you feel comfortable asking for help? Why or why not?
- I feel most connected to my loved one when…
- What is a way you can celebrate your loved one's memory? Can you plant something, cook something, watch something, volunteer something?
- One thing I wish I could do over with them is…
- If I could forgive them for something, it would be…
- If I could forgive myself for something, it would be…
- Write about a time you got along well with your loved one.
- Write about a time you had difficulty getting along with your loved one.
- If you could tell your loved one about your day, what would you tell them?
- How did your loved one make you feel?
- Write a mantra you can return to when you feel overwhelmed by grief.
- What is something you wish your support system would understand?
- What is something you wish your support system could help with.
- What songs make you think of them?
- Make a photo collage in your journal with some of your favorite pictures of them.
- Is there anyone else I know going through this right now? How can we support each other?