



JOURNAL PROMPTS FOR GRIEF



• I CAN HONOUR MY GRIEF BY...



• I AM GRATEFUL FOR...

• IF MY GRIEF COULD TALK, IT WOULD TELL ME...

• I CAN BE MORE SELF-COMPASSIONATE BY...



• A COMFORTING MEMORY IS...



• WHEN I FEEL OVERWHELMED I CAN...

• WHAT EMOTIONS ARE CHALLENGING FOR ME TO
CONFRONT? HOW DOES THIS IMPACT MY GRIEVING
JOURNEY?



• DO I FEEL I HAVE ANY ROADBLOCKS TO GRIEVING?