



# Activity: Grief Journaling Prompts

## Objective

Grief is hard work of the heart and journaling can be a steppingstone to move inward and forward without having to say a word. The journal prompts below are sentence starters to help spark ideas for writing and drawing.

## Journaling Prompts

- Today is bringing up feelings of...
- Today my body feels...
- What I miss the most about you today is....
- I remember laughing with you when....
- The hardest moment of the day is....
- I'm ready to feel....
- I'm conflicted by two feelings of....
- I'm comforted knowing that....
- I feel most connected to my person when...
- I cherish the memory of....
- My most difficult memory is....
- I forgive you for....
- I forgive myself for...
- I feel better when...
- I feel taken care of when...
- I can turn to \_\_\_\_\_ for help...
- I need more of....
- I need less of....
- I'm angry about...
- You would be proud of me for...
- I'm scared of....
- If you were here, I would tell you...



## Supplies

Grab a pen or pencil, a piece of paper, and find a comfy spot!

## Journaling Pointers

- Be kind to yourself – release any judgements that surface
- Let it flow – don't worry about spelling or drawing to perfection
- Lean into the tough stuff – welcoming all feelings of the heart
- Once you are done – you can choose to save, share, or shred