

GRIEF JOURNAL



STAGES OF GRIEF

Denial

Anger

Bargaining

Depression

Acceptance

MEMORIES OF YOU

I remember when...

You were so funny when...

I still remember the last day I saw you and you...

When I see this, I think of you because...

I wish we would have...

I WISH I COULD HAVE TOLD YOU

That I...

My secret of...

What I wish we could have still done together...

You always made me smile when you...

COPING WITH GRIEF

Distractions

Support

Goals

Journaling

DEALING WITH DENIAL

What is happening in this stage of grief?

What do you want to express?

Who can you talk to?

What do I need to mourn?

What coping skills can use right now?

What is 1 thing I can do right now for myself?

DEALING WITH ANGER

What is happening in this stage of grief?

What do you want to express?

Who can you talk to?

What do I need to mourn?

What coping skills can use right now?

What is 1 thing I can do right now for myself?

DEALING WITH BARGAINING

What is happening in this stage of grief?

What do you want to express?

Who can you talk to?

What do I need to mourn?

What coping skills can use right now?

What is 1 thing I can do right now for myself?

DEALING WITH DEPRESSION

What is happening in this stage of grief?

What do you want to express?

Who can you talk to?

What do I need to mourn?

What coping skills can use right now?

What is 1 thing I can do right now for myself?

DEALING WITH ACCEPTANCE

What is happening in this stage of grief?

What do you want to express?

Who can you talk to?

What do I need to mourn?

What coping skills can use right now?

What is 1 thing I can do right now for myself?

TELLING YOU GOODBYE

I feel you in my heart...

What I wanted to say to you before you left...

What I never got to say to you...

Goodbye, I will...

GETTING THE SUPPORT I NEED

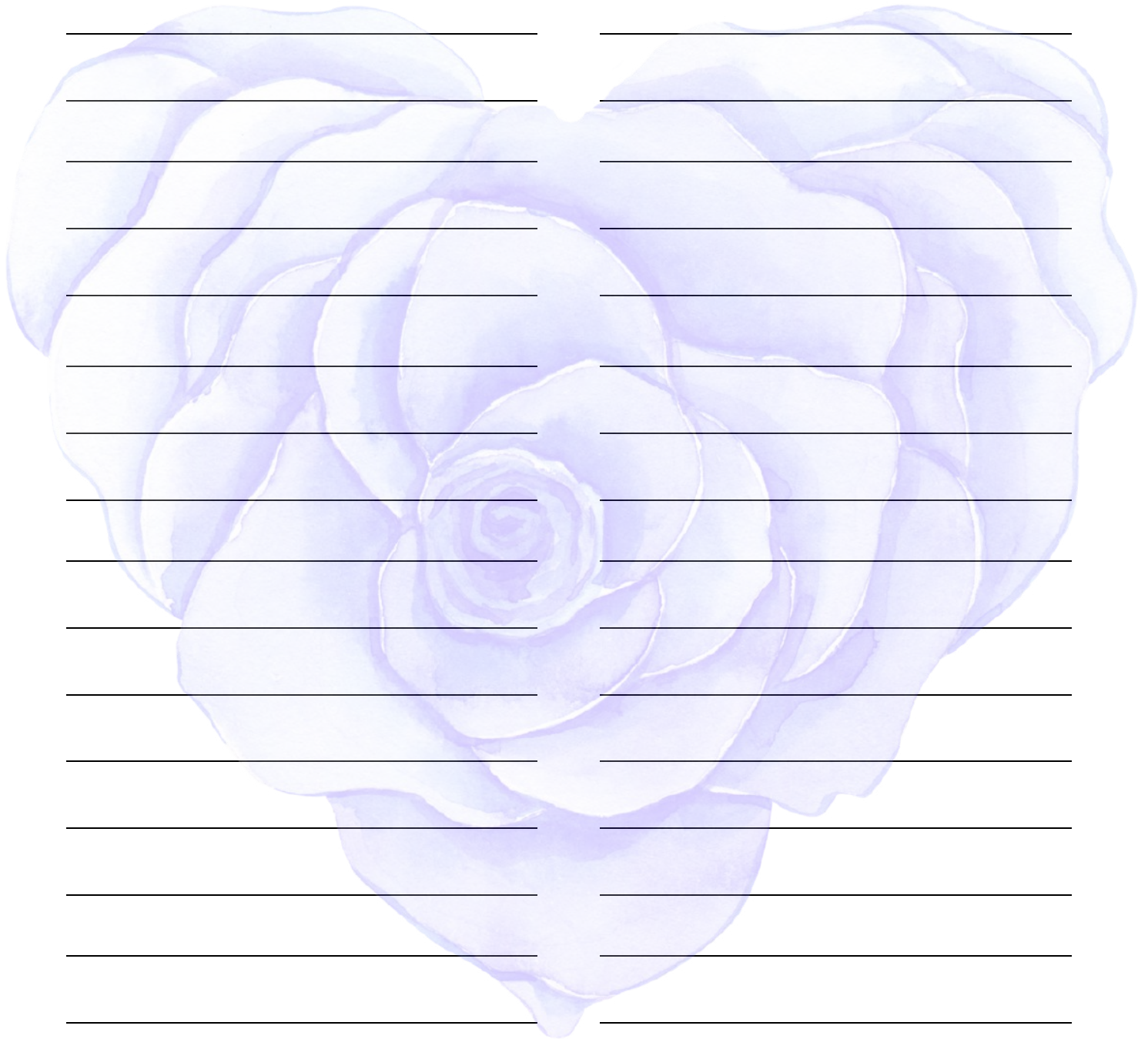
What I need right now...

I can join a group at...

I can call...

I need to talk about...

SELF-CARE I CAN IMPLEMENT



WHAT TRIGGERS MY GRIEF?

Triggers of My Grief

What Reminds Me of You

What I Feel

How I'm Handling It

