

# Weekly Grief Journal

## Objective

To set aside time each day to write about how you are feeling following a loss.

## You Should Know

Coping with the death of a loved one is one of the biggest challenges you will experience. A grief journal is one way to reflect on and work through your feelings. What is a grief journal? It is a place where you are free to write exactly what you are feeling following the loss of a loved one. You can write about memories, feelings, or share your thoughts. As long as you devote time each day to writing in your journal, you are getting your emotions out on the page.

While you may never fully recover from grief, you can take steps to write about your feelings, which can have profound positive effects. Keeping a grief journal is a healthy way to process your feelings over time. When you write about your grief, you may experience these benefits:

- Reflect on and process your feelings and painful memories.
- Experience what psychologists call the “letting go” stage.
- Sleep better because you have released fears or worries.
- Effectively cope with your emotional pain.

The best part about grief journaling is that it is accessible. You might occasionally lean on friends, family members, or a therapist, but you can write in your journal multiple times each day if you wish.

## What to Do

Keep this journal for several weeks. You might want to use a notebook or journal. Otherwise, make copies of this worksheet. At the end of each week, reflect on your feelings and note any patterns.



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At the end of the week, answer the following questions.

What patterns do you see? For instance, are you taking good care of yourself? Are you being too hard on yourself? Are you being consistent about expressing how you feel? Do you feel stronger?

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Reflect on the past week. What was challenging for you? Where did you find support?

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Write down your thoughts after one month of writing in your grief journal.

## Reflections on This Exercise

How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What else can you do to cope with your grief?

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