

Grief

30 GRIEF JOURNAL PROMPTS

NAME _____

DATE _____

1 On a heavy day, what is one small thing you managed, even if it was only drinking a glass of water or opening the curtains?

2 Name what you have lost in one plain sentence, using whatever words feel true right now.

3 What object near you right now reminds you of what you lost, and where did it come from?

4 Which three words describe how you feel this morning, even if they contradict each other?

5 What sound, smell or taste brings your loss rushing back to you?

6 What is one thing someone said or did since your loss that actually helped, however small?

7 Write down a funny moment connected to what you lost, the kind of thing that still makes you smile or laugh.

8 Where in your body do you feel your grief today: your chest, your throat, your shoulders, somewhere else?

9 What is one thing you wish the people around you understood about how you are really doing?

- 10 If you could have one more ordinary hour with what you lost, what would you do with it?
- 11 What would you like to set down on this page tonight so you don't have to carry it to bed?
- 12 Where is a place your grief seems to have a little more room to breathe, and what makes it feel that way?
- 13 What routine did you share with what you lost, and what happens now at that time of day?
- 14 Describe a typical day before your loss, with as many small details as you can remember.
- 15 What are you angry about right now, and who or what is your anger pointed at? Let it be as unfair as it needs to be.
- 16 Write about a moment when you felt nothing at all, and what that numbness was like.
- 17 Which people have shown up for you in ways you didn't expect, and whose absence has hurt?
- 18 What do you miss about who you were before this loss?
- 19 If you are grieving an animal, what did your days with them look like, and what is too quiet now?
- 20 What future did you picture that is no longer coming, and which details of it do you keep returning to?

- 21 What have you been avoiding since your loss: a room, a song, a road, a conversation?
- 22 What has grief changed about your sleep, your appetite or your energy, and what do you notice when you write it down?
- 23 What do you say when someone asks how you are, and what would you say if you answered with complete honesty?
- 24 If your loss is a relationship that ended, what do you miss, and what are you relieved to be without?
- 25 Write about a time you laughed since your loss and how you felt afterward.
- 26 How has your loss shaken your sense of home or place, and where do you feel unsettled now?
- 27 What would you like to keep doing in honor of what you lost, and what feels like too much right now?
- 28 Write a letter to the person, animal, place or version of your life you lost, telling them what has happened since.
- 29 Write about the day you learned of your loss, or the day it became real, in as much or as little detail as you can bear.
- 30 What are you carrying that you never got to say, and what would you say now if you could?