



Grief Journal

Helping To Cope With Loss



Stages

There are several variations of the group of emotions surrounding grief and loss but the common theme throughout all of them is that by identifying and naming our emotions, we may be able to deal with and manage our grief.

- 1- Shock and Denial Stage
- 2- Pain and Guilt Stage
- 3- Anger and Bargaining Stage
- 4- Depression, Reflection, and Loneliness Stage
- 5- The Upward Turn Stage
- 6- The Reconstruction Stage (Working Through Grief)
- 7- Acceptance and Hope Stage

Today, I've been feeling:

- | | |
|-----------------|----------------------------|
| ♡ Sadness | ♡ Change in Appetite |
| ♡ Numbness | ♡ Difficulty Concentrating |
| ♡ Confusion | ♡ Difficulty Sleeping |
| ♡ Regret | ♡ Social Withdrawal |
| ♡ Relief | ♡ Reckless Behaviour |
| ♡ Anger | ♡ Racing Thoughts |
| ♡ Moodiness | ♡ Fear Of Death |
| ♡ Physical Pain | ♡ Loneliness |

Ways I'm Coping

What things can I do to address the feelings I have noticed today?

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My Grief Journey

Take some time to reflect on the questions below. Use a separate sheet if needed.

I am grieving the loss of

Think of a word that reflects how you feel today and explore it. What does the word mean to you? Why do you feel that way? How would you describe how you're feeling to someone else?

Find a quote that speaks to you and mull over it. Write down why you chose that particular quote and what it means to you.

Spend time remembering your loved one — days you spent together, things they loved.

- Ask yourself open-ended questions, like:
 - "The things I miss most..."
 - "A color that makes me think of you..."
 - "This memory always makes me happy..."
 - "I wish I knew..."
 - "Today, my grief feels like..."

Having a support system is important in helping us deal with our loss and grief. Who are the people I can honestly talk to and why?

What things did I do today to help myself deal with my feelings?

♡ Pray	♡ Talk to a friend/loved one
♡ Go for a walk	♡ Listen to uplifting music
♡ Play with the dog/cat	♡ Other:

This simple journal is meant to provide an outlet for managing the feelings and emotions experience in the loss of a loved one only. Should your feelings become difficult to deal with, it is recommended to seek out the expert guidance of a professionally trained grief counsellor.