

JOURNAL PROMPTS

Grief & Loss

For the questions grief leaves behind, and the love that stays.

What am I still carrying because I think I have to understand it first?



What story got me through something hard, and does it still fit the woman I am now?



Where am I holding out for an answer that may never come?



If my hurt could ask me for one thing today, what would it be?



How am I bringing the people I've lost with me into this season?



When did I last feel joy after a loss, and what did I tell myself about it?



What do I want to remember about them that has nothing to do with me?



Whose timeline have I been grieving on, and what would mine look like?



What does carrying this loss look like on a good day?



What does my love for them look like now?



Grief & Loss

CUT ALONG THE DASHED LINES

NO. 1



*What am I still carrying because
I think I have to understand it
first?*

NO. 2



*What story got me through
something hard, and does it still
fit the woman I am now?*

NO. 3



*Where am I holding out for an
answer that may never come?*

NO. 4



*If my hurt could ask me for one
thing today, what would it be?*

NO. 5



*How am I bringing the people I've
lost with me into this season?*

NO. 6



*When did I last feel joy after a
loss, and what did I tell myself
about it?*

NO. 7



*What do I want to remember about
them that has nothing to do with
me?*

NO. 8



*Whose timeline have I been
grieving on, and what would mine
look like?*

NO. 9



*What does carrying this loss look
like on a good day?*

NO. 10



*What does my love for them look
like now?*

