



# Journal template for grief.

Journalling can be a helpful tool for **processing your thoughts and emotions** during the grieving process. You can use this template to create journal entries as often as you'd like, whether it's daily, weekly, or when you feel the need to process your grief. Over time, your journal can become a **valuable resource** for understanding your grief.

Date		
<p><b>Begin with a thought, quote, image:</b> Start your journal entry with a meaningful thought, quote, or memory specifically related to the deceased or related to your experience of grief. If you have religious beliefs, you may wish to consider relevant religious texts or teachings.</p>		
<p><b>Express your emotions:</b> Describe how you are feeling today. Be honest and open about your emotions. Are you feeling sad, angry, confused, or perhaps experiencing moments of peace?</p>		
<p><b>Share memories:</b> Reflect on a specific memory of the person who has died. Write down the details of the memory, how it makes you feel, and what you've learned from it.</p>		






# Journal template for grief (cont.)

<p><b>What has changed?</b></p> <p>Grief often brings changes in your life. Write about the ways your life has changed since your bereavement. This might include some practical changes (like your daily routines) but also more abstract changes such as your perspective on life.</p>	
<p><b>Coping strategies:</b></p> <p>List and describe the coping strategies or self-care practices that have been helping you during this difficult time. These can include activities like talking to friends, seeking professional help, practising mindfulness, or engaging in creative outlets.</p>	
<p><b>Unanswered questions:</b></p> <p>Write down any unanswered questions or concerns you have related to your grief. This can help you identify areas where you need support or clarity.</p>	
<p><b>What you miss the most:</b></p> <p>If appropriate, share what you miss the most about the deceased. Is it their laughter, advice, presence, or something else? Write about how these things make you feel and how you are learning to cope with the loss.</p>	
<p><b>Achievements:</b></p> <p>Reflect on any progress you've made in your grief journey. It could be small steps, like getting through a particularly tough day, or larger accomplishments in your life that you've achieved despite your grief.</p>	

# Journal template for grief (cont.)

<p><b>Gratitude and positive moments:</b></p> <p>Focus on the positive moments, no matter how small. Write about moments of joy, gratitude, or unexpected sources of happiness that you've encountered.</p>	
<p><b>Your hopes and wishes:</b></p> <p>Share your hopes and wishes for the future. What do you envision for your life as you continue on your journey? How did you wish to honour the deceased?</p>	
<p><b>Closing thoughts:</b></p> <p>Summarise your feelings and thoughts for the day. Offer a message of love, remembrance, or closure where you feel you can. This can be a way to conclude your journal entry on a positive note.</p>	



Remember to be kind to yourself.  
Grief is a unique and individual journey.  
Acknowledge your efforts and allow yourself to grieve at your own pace.

