

# GRIEF JOURNAL

Guided journaling prompts



Curated for you by Still She Rises Up



*This journal belongs to*

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# Tips for Journaling Through Grief

Write without judgment. Let your thoughts flow naturally.

Create a routine. Set aside a regular time for journaling, even if it's just 5 minutes a day.

Be kind to yourself. It's okay to take breaks or revisit prompts later.

Use tools that feel right. Whether it's a notebook, a digital journal, or even audio recordings, choose what works for you.

Remember, grief is a deeply personal journey. There is no right or wrong way to process it. Allow yourself grace and time as you navigate this path.

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Section 1:  
Acknowledging Your Feelings

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What emotions are you feeling right now? Write without judgment. Allow yourself to name and explore each feeling.

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Describe your grief. If grief were a color, sound, or shape, what would it be?

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What has surprised you about how you're feeling? Are there emotions or thoughts you didn't expect?

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What do you need most right now? Identify one or two things that could provide comfort.

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Section 2:  
Remembering Your Loved  
One

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Write a letter to the person you lost. Share what you're feeling and anything left unsaid. It's ok to share negative feelings here and to express anger. All of your feelings are valid.

What are three of your favorite memories with them? Describe them in detail.



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What qualities or lessons from them do you want to carry forward?

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If they were with you now, what would they say to comfort you?

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Section 3:  
Coping in the Present  
Moment

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What small moments or actions have brought you comfort today?

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What is one thing you're grateful for despite your grief?

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How are you caring for yourself? List ways you can nurture your body, mind, and heart.

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What has helped you the most so far in navigating your grief?

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# Section 4: Looking Ahead

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What is one question you wish you could ask your loved one? Write down their imagined answer.

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What are the hardest parts of your grief journey right now? Allow yourself to be honest.

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What gives you a sense of connection to your loved one?

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What would you tell someone else going through grief? Imagine you are offering support to a friend.

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Section 5:  
Open Reflection

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What is one question you wish you could ask your loved one? Write down their imagined answer.

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What are the hardest parts of your grief journey right now? Allow yourself to be honest.

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What gives you a sense of connection to your loved one?

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What would you tell someone else going through grief? Imagine you are offering support to a friend.

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Thank You

Thank you for allowing us to be apart of your healing journey. If you have anything to share or anything you want to see more of, please let us know!

~ Still She Rises Up