



GRIEF JOURNAL

MAKE PEACE WITH
YOUR PAIN ONE
WORD AT A TIME

COPYRIGHT © by Widow 411

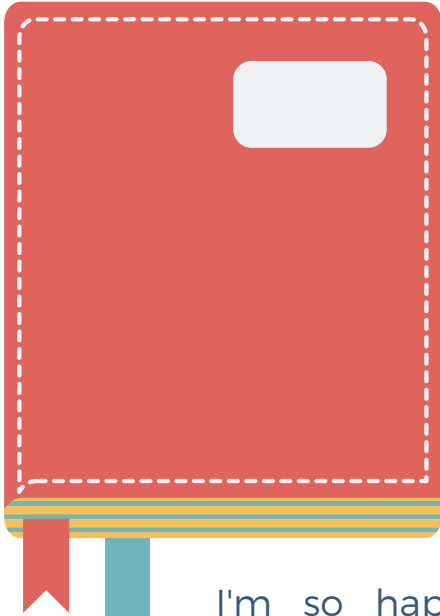
All rights reserved.

You can download as many copies as you want for multiple personal devices or make copies as long as it is only for your own personal use. You cannot share, distribute or sell the product and any other assets that come with it.

No part of this this publication may be reproduced, distributed, stored in a retrieval system, or transmitted means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except as provided by United States of America copyright law. For permission requests, please email kim@widow411.com.

Limitation of liability/disclaimer of warranty: While the author has used her best efforts in preparing this journal, she makes no representations or warranties with respect to the accuracy or completeness of the contents of this document and specifically disclaims any implied warranties of merchantability or fitness for a particular purpose.

The information in this journal is heavily based on personal experience. Although the author has made every reasonable attempt to achieve complete accuracy of the content in this journal, they assume no responsibility for errors or omissions. Every situation is different and will not be an exact replica of the examples given in this book. The author cannot guarantee results or be held liable for any outcomes you may or may not receive from reading the following pages. Nothing in this book is intended to replace common sense or other professional advice.



well done!

you've just taken an important first step...

I'm so happy you decided to start journaling your grief experience because I know first-hand how cathartic it is to write down your feelings and get your thoughts out of your head and onto paper. When you keep everything bottled up inside, you can cause unnecessary suffering by refusing to release some of the more unrelenting and overpowering emotions.

Grief needs an outlet!

Writing down your thoughts and feelings provides that much-needed outlet because sometimes we don't even know *what* we're feeling until we see it on paper.

An added bonus of journaling is the ability to reflect on what you wrote. You'll have a front-row seat to your amazing progression right here within these pages.

I hope the prompts and your responses in this journal give you peace and clarity and an overall greater sense of well-being.

You deserve it!

xoxo

Kim Murray | Widow 411

WHAT'S INSIDE

Each of these journal pages is "fillable," which means you can type into the editable fields right from your computer and save an electronic copy. Or you can print the journal pages if you prefer to fill them out by hand. Because this is a digital file, you can reuse these pages as often as necessary.

This journal is broken down into sections to give you ample space to reflect on various parts of your grief journey. Take your time and write without judgement. Pause and come back to a question if you have to. Repeat as often as necessary.

Just keep writing.

SECTIONS AND PROMPTS

1 This is what I think of



my memories of you

2 This is what I miss the most



what I miss about you

3 This is what I wish I said



words left unspoken

4 This is what's been going on



my life right now

5 This is what I hope for



wishes for my future

EXTRA QUESTIONS AND BLANK PAGES

At the end of the journal is 20 additional journal prompts, feelings to explore and blank pages for you to continue your grief journaling experience.



my memories

**THIS IS WHAT I THINK OF
WHEN I THINK OF YOU**

SECTION 1



CHECK-IN

REVIEW WHAT YOU UNCOVERED IN THIS SECTION

What did you notice about your responses to the prompts in this section? Reflect on ways you can use this information to understand your progression.

A feeling that surprised me

I didn't know I wanted/needed

I forgive myself for

I forgive someone else for

A self-care ritual I will start

I will be kinder to myself by

I want to let go of

LET IT GO

WHAT HAVE YOU BEEN HOLDING ON TO FOR TOO LONG?

If you uncover something in this section that causes unnecessary suffering, now's the time to release it. Work the feeling out through the prompts on this page.

I feel _____ because:

Associated feelings (one word)

_____ _____ _____

What I say to myself about this feeling:

I want to let go of this feeling because:

Three ways I can reword my inner dialogue regarding this feeling:



what I miss

**THIS WHAT I MISS THE
MOST ABOUT YOU**

SECTION 2



TRY THIS

READ ONE OR MORE OF YOUR ENTRIES OUT LOUD

If you're up for going a bit deeper into your journaling experience, try reading one or more of your entries out loud as if you're reading it directly to your loved one. How does this change your experience? What feelings come up for you now that weren't there before?

CHECK-IN

REVIEW WHAT YOU UNCOVERED IN THIS SECTION

What did you notice about your responses to the prompts in this section? Reflect on ways you can use this information to understand your progression.

A feeling that surprised me

I didn't know I wanted/needed

I forgive myself for

I forgive someone else for

A self-care ritual I will start

I will be kinder to myself by

I want to let go of

LET IT GO

WHAT HAVE YOU BEEN HOLDING ON TO FOR TOO LONG?

If you uncover something in this section that causes unnecessary suffering, now's the time to release it. Work the feeling out through the prompts on this page.

I feel _____ because:

Associated feelings (one word)

_____ _____ _____

What I say to myself about this feeling:

I want to let go of this feeling because:

Three ways I can reword my inner dialogue regarding this feeling:



things left unsaid
**WHAT I WISH I SAID WHEN I
HAD THE CHANCE**

SECTION 3

CHECK-IN

REVIEW WHAT YOU UNCOVERED IN THIS SECTION

What did you notice about your responses to the prompts in this section? Reflect on ways you can use this information to understand your progression.

A feeling that surprised me

I didn't know I wanted/needed

I forgive myself for

I forgive someone else for

A self-care ritual I will start

I will be kinder to myself by

I want to let go of

LET IT GO

WHAT HAVE YOU BEEN HOLDING ON TO FOR TOO LONG?

If you uncover something in this section that causes unnecessary suffering, now's the time to release it. Work the feeling out through the prompts on this page.

I feel _____ because:

Associated feelings (one word)

_____ _____ _____

What I say to myself about this feeling:

I want to let go of this feeling because:

Three ways I can reword my inner dialogue regarding this feeling:



my life right now
**THIS IS WHAT'S BEEN
GOING ON WITH ME**

SECTION 4

CHECK-IN

REVIEW WHAT YOU UNCOVERED IN THIS SECTION

What did you notice about your responses to the prompts in this section? Reflect on ways you can use this information to understand your progression.

A feeling that surprised me

I didn't know I wanted/needed

I forgive myself for

I forgive someone else for

A self-care ritual I will start

I will be kinder to myself by

I want to let go of

LET IT GO

WHAT HAVE YOU BEEN HOLDING ON TO FOR TOO LONG?

If you uncover something in this section that causes unnecessary suffering, now's the time to release it. Work the feeling out through the prompts on this page.

I feel _____ because:

Associated feelings (one word)

_____ _____ _____

What I say to myself about this feeling:

I want to let go of this feeling because:

Three ways I can reword my inner dialogue regarding this feeling:



my future

**THIS IS WHAT I HOPE FOR
IN THE DAYS AHEAD**

SECTION 5



TRY THIS

READ ONE OR
MORE OF YOUR
ENTRIES OUT LOUD

If you're up for going a bit deeper into your journaling experience, try reading one or more of your entries out loud as if you're reading it directly to your loved one. How does this change your experience? What feelings come up for you now that weren't there before?

CHECK-IN

REVIEW WHAT YOU UNCOVERED IN THIS SECTION

What did you notice about your responses to the prompts in this section? Reflect on ways you can use this information to make positive changes.

A feeling that surprised me

I didn't know I wanted/needed

I forgive myself for

I forgive someone else for

A self-care ritual I will start

I will be kinder to myself by

I want to let go of

LET IT GO

WHAT HAVE YOU BEEN HOLDING ON TO FOR TOO LONG?

If you uncover something in this section that causes unnecessary suffering, now's the time to release it. Work the feeling out through the prompts on this page.

I feel _____ because:

Associated feelings (one word)

_____ _____ _____

What I say to myself about this feeling:

I want to let go of this feeling because:

Three ways I can reword my inner dialogue regarding this feeling:

EXTRAS!

ADDITIONAL JOURNAL PROMPTS AND BLANK PAGES

- Who are you thankful for?

- What qualities have you discovered about yourself that you didn't know existed?

- How honest are you when discussing your grief with friends and family?

- What's the biggest grief lesson you've learned so far?

- List 10 things you love about yourself...

- How are you showing up for others?

- Write a letter from your future self. What would she tell you to look forward to?

- What's on your bucket list?

- What are the top 3 goals you want to achieve in the next three months?

- How can you show more appreciation to yourself?

- If you were the subject of a news story, what would the headline be?

- Write 5 beliefs about your grief. What is the exact opposite of each belief?

- What are the non-negotiable things in your life?

- How do you handle conflict? Is your approach effective? How could you change it?

- What physical ailments do you suffer from? Could they be related to your emotions?

- My favorite quote about grief is...

- What I didn't know about grief until after you died...

- I soothe myself with the following mantra...

- If I were to write a book the title would be...

- Write a letter to your grief and explain how it shows up in your body, mind, etc.

WHAT I WANT TO LET GO OF - EXAMPLE

THIS AS AN EXAMPLE OF HOW TO FILL OUT THIS PAGE IN YOUR JOURNAL PICK ONE FEELING TO FOCUS ON OR USE THE SPACE FOR MULTIPLE FEELINGS.

I feel GUILTY because:

I want to start dating again but I feel like I'm cheating on my husband. I would like a companion to go to dinner with or to the movies, but I can't get rid of this gnawing feeling that I'm somehow disrespecting my marriage even though I know he's dead!

Associated feelings (one word)

Shame Embarrassment Remorse

What I say to myself about this feeling:

I should be ashamed for wanting to meet someone new
I'm embarrassed to let others know that I want to start dating again
I shouldn't be focused on another relationship - I had my "one and only"

I want to let go of this feeling because:

It does more harm than good - this feeling affects my mental health
What I do in my personal life is no one else's concern
I want to take the word "shouldn't" out of my vocabulary

Three ways I can reword my inner dialogue regarding this feeling:

- I'm still alive so I get to go on living - meeting new people is fun and exciting
- Other people's judgement can't hurt me
- I'm brave enough to seek a connection with another amazing human

FEELINGS TO EXPLORE EXAMPLES

INADEQUATE	FRUSTRATED	ANXIOUS	HURT	EMPTY
ANNOYED	RUSHED	CONFUSED	CRITICAL	JEALOUS
NERVOUS	INSECURE	WEAK	SCARED	EXCLUDED
BITTER	BETRAYED	LONELY	ASHAMED	SKEPTICAL

instructions...

When filling out the *Let it Go* worksheets, use these examples of emotions you want to explore.

FEELINGS TO EXPLORE - WHAT'S NEXT?

instructions....

Keep track of additional emotions you think of that aren't already listed. Come back to this chart when you need extra guidance for journal activities.

