



Grief Journaling

Journaling your grief helps to make sense of what happened. It gives the student a safe space to experience or re-experience feelings that they may not wish to share with others. Allowing time to feel the feelings can help them to work through the grief.

Journaling allows the Student to:

1. Examine emotions
2. Foster Creativity:
If it's too hard to write, draw a collage of your grief, scribble out the anger or tears.
Use the pen (writing tool) as a source of expression.
3. Write unsent letters:
Write a letter no one else will see, except you, the page, and the spirit of your loved one. It can help to maintain a connection that provides relief or a sense of comfort.
4. Remember Memories: Reflecting
Remember significant events, music, books, movies, trips, favorite foods, etc. and write them down.

Journaling: Finish the Sentence

1. My first memory I have of you is when.....
2. My last memory I have of you is when.....
3. One thing I forgot to tell you is.....
4. Since your death I have.....
5. The toughest times are when I am.....
6. The thing that makes me feel the saddest is.....
7. The thing that makes me feel the angriest is....
8. The thing that makes me feel the happiest is...
9. If I could change one thing about our relationship I would change.....
10. Since your death, my friends have.....