

Suggestions for the Grieving Journey

1. Write about your feelings as they come up
2. Talk with a close friend, counselor, therapist, Chaplain
3. Write a poem to express your feelings
4. Pick songs that bring you comfort
5. Start a scrapbook of memories – list the best times you had with the person; list memories about the holidays; write about a special event you remember with them; write about their hobbies, interests, things they were good at doing; write about fun memories you have of them
6. Make a collage that gives honor & tribute to the person.
7. Find Scripture Passages from the book of Psalms that express your need for comfort from God
8. Pray for yourself and your loved one as each day brings you closer to their last day (for someone currently dying).

My Grief/Pain

What does it FEEL like?

Where is my sadness LOCATED in my body?

What COLOR is my sadness?

What SHAPE is it?

What space can “CONTAIN” my sorrow? (size)

What does my grief LOOK like? - if it was an object

What IMAGE best captures/symbolizes what it is for me?

What would you like TO DO WITH IT?

What brings you JOY?

Grief Reflection/ Journal Questions

I want to begin by describing who you were and what you meant to me.....

Some things that I remember you saying that I don't ever want to forget are.....

Our funniest time together was.....

The last time we talked or saw each other was.....

I have some regrets and I find myself going over these things that I wish I had or hadn't done.....

There were some unhappy things between us that we didn't work out.....In my heart this is how I want to resolve them.....

There are questions I wish I could have asked you.....and this is how I think you would have answered.....

Your death makes me wonder about the meaning of life.....this is what I think about it.....

When I search for some meaning or try to make sense of your death, this is what I come up with.....

The pain of your death feels like this inside my body.....

This is what I would write on your tombstone.....

If I could ask for support from others this is what I would ask for.....

When you died, I thought I couldn't go on, but I have to because.....

My life is important and I have many things to look forward to.....

The biggest challenges I continue to face are.....

Things I was never aware of before but am aware of now are.....

I now recognize the following strengths in myself.....