

SPIRITUAL JOURNALING

MY LOSS

In order to fully understand our journey through loss, it is helpful to start at the pivotal moment that defines our before and after.

MY LOVED ONE'S NAME: _____

LOVED ONE'S BIRTH DATE: _____ DEATH DATE: _____

AGE AT TIME OF DEATH: _____ CAUSE OF DEATH: _____

MY LOVED ONE DIED ON: _____

WHERE I WAS AND WHAT I WAS DOING WHEN IT HAPPENED: _____

WHAT HAPPENED: _____

