

SPIRITUAL JOURNALING

THE AFTERMATH

In the aftermath of loss, the intensity of our emotions and overwhelming sorrow threaten to engulf us and we wonder how we're going to survive. What do you remember from the first days, weeks and months after your loved one died? What emotions do you recall? How did you cope?

IN THE FIRST DAYS, WEEKS AND MONTHS AFTER MY LOVED ONE'S DEATH, I FELT: _____

IN THE FIRST DAYS, WEEKS AND MONTHS AFTER MY LOVED ONE'S DEATH, I REMEMBER: _____

IN THE FIRST DAYS, WEEKS AND MONTHS AFTER MY LOVED ONE'S DEATH, I COPEd BY: _____

MY FAMILY COPEd BY: _____

WHAT I REMEMBER MOST FROM THIS TIME AND WHAT I WANT FUTURE GENERATIONS OF MY FAMILY TO KNOW:
