

SPIRITUAL JOURNALING

# THE TRANSITION

At some point following the loss of our loved one, we are faced with returning to a routine. Whether it be work, school, or caring for our family, transitioning from our old life to one without our loved one marks the period between what once was a familiar routine to new, unfamiliar territory.

AFTER MY LOVED ONE DIED, GETTING OUT OF BED WAS: \_\_\_\_\_

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I TOOK THIS MANY DAYS OFF BEFORE RETURNING TO SCHOOL/WORK: \_\_\_\_\_

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WHEN I RETURNED TO SCHOOL/WORK, THE EMOTIONS I FELT INCLUDED: \_\_\_\_\_

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MY COLLEAGUES/ CLASSMATES/TEACHERS TREATED ME: \_\_\_\_\_

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WHAT I WISHED THEY HAD KNOWN OR DONE DIFFERENTLY WAS: \_\_\_\_\_

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THE PEOPLE WHO SUPPORTED ME/MY FAMILY THE MOST DURING THIS TRANSITION INCLUDED: \_\_\_\_\_

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THE HARDEST PART ABOUT THIS TRANSITION PERIOD WAS: \_\_\_\_\_

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MY ADVICE TO FUTURE FAMILY MEMBERS WHO WILL FACE THIS IS: \_\_\_\_\_

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