

SPIRITUAL JOURNALING

OUR FAMILY

In the aftermath of losing a loved one, our entire family is often impacted. Although bound by relations, we are all wired differently, and process loss in our own unique way. How was your family impacted by the loss of your loved one?

THE FAMILY RELATIONSHIP(S) THAT HAS BEEN IMPACTED THE MOST BY THIS LOSS IS: _____

THE FAMILY MEMBER(S) WHO STOOD BY ME THE MOST ARE: _____

THE FAMILY MEMBER(S) WHO STOOD BY ME THE LEAST ARE: _____

WHAT I WANT MY FAMILY TO KNOW ABOUT THE LOSS OF MY LOVED ONE IS: _____
