

SPIRITUAL JOURNALING

MY FRIENDS

In the aftermath of losing a loved one, friendships naturally shift. Some are strengthened as those friends offer a comforting shoulder and safehaven for our tears, while others fail us and fall away. How did your friends react to the loss of your loved one?

MY FRIENDSHIP(S) THAT HAS BEEN IMPACTED THE MOST IS: _____

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

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

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