

SPIRITUAL JOURNALING

THE DARKNESS

In the aftermath of losing a loved one, experiencing dark thoughts is common. While there would be no rainbow without the rain, how do we survive the storm?

AFTER MY LOVED ONE DIED, I EXPERIENCED THESE DARK THOUGHTS: _____

I TOLD MY DARK THOUGHTS TO: _____

THEIR REACTION TO MY DARK THOUGHTS WAS: _____

I SOUGHT HELP FOR MY DARK THOUGHTS THIS WAY: _____

I WORKED THROUGH THESE DARK THOUGHTS BY DOING THESE THINGS: _____

WHAT I WANT OTHERS TO KNOW ABOUT MY DARK THOUGHTS IS THIS: _____

MY ADVICE TO OTHERS EXPERIENCING DARKNESS AFTER LOSS IS: _____
