

SPIRITUAL JOURNALING

# THE QUIET

Our loved one's absence remains day and night, but certain times of the day are harder than others. For some, it is evening or night when the house is quiet. For others, it is morning or afternoon. What time is hardest for you?

IN THE INITIAL AFTERMATH OF MY LOVED ONE'S DEATH, THE HARDEST TIME OF DAY FOR ME WAS: \_\_\_\_\_

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NOW, I FIND THE HARDEST TIME OF DAY TO BE: \_\_\_\_\_

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I FIND THIS TIME HARD BECAUSE: \_\_\_\_\_

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MY ADVICE TO OTHERS EXPERIENCING THIS IS: \_\_\_\_\_

Lined writing area with 20 horizontal lines for notes.