

SPIRITUAL JOURNALING

MY COMFORT

In the aftermath of loss, what brings comfort one day can bring pain the next. Eventually we find a symbolic item or soothing ritual that offers a balm for the wound in our heart. What items or rituals bring you the most comfort?

WHEN MY LOVED ONE DIED, THESE ITEMS BROUGHT ME THE MOST COMFORT: _____

THE ITEMS THAT NOW BRING ME COMFORT ARE: _____

WHEN MY LOVED ONE DIED, THESE ACTIVITIES BROUGHT ME THE MOST COMFORT: _____

THE ACTIVITIES THAT NOW BRING ME COMFORT ARE: _____

WHEN MY LOVED ONE DIED, THESE RITUALS BROUGHT ME THE MOST COMFORT: _____

THE RITUALS THAT NOW BRING ME COMFORT ARE: _____

WHAT I WANT OTHERS TO KNOW ABOUT MY NEED FOR COMFORT IS: _____

MY ADVICE TO OTHERS EXPERIENCING THIS IS: _____
