

SPIRITUAL JOURNALING

MY JOURNEY

The death of a loved one is a journey that's unique to each of us, and nearly impossible to describe to those who haven't yet weathered their own loss. What do you wish you had known about grief before losing your loved one? What do you want others to know about your journey through loss? How do you define your future?

WHAT I WISH I HAD KNOWN ABOUT GRIEF PRIOR TO LOSING MY LOVED ONE IS: _____

IF I COULD GIVE MYSELF ONE PIECE OF ADVICE ABOUT GRIEF, IT WOULD BE: _____

WHAT I WANT OTHERS TO KNOW ABOUT MY GRIEF JOURNEY IS: _____

MY ADVICE TO OTHERS JUST STARTING OUT ON THEIR OWN GRIEF JOURNEY IS: _____
