



30 GRIEF JOURNALING PROMPTS

*To help you process your grief and
release your emotions in a
healthy way*



NAKIKIRAMAY PH
— Gifting the Grieving —

Hello! :)

Thank you for downloading this free compilation of **30 prompts for grief journaling.**

Writing about it does not make grief easier, but if studies are to be believed, journal writing provides a healthy outlet for exploring and releasing how we feel about traumatic events that happened to us.

At a time when your life has been turned upside down, we hope that writing about your loss and everything you're going through will help you regain even a little sense of stability and control.

30 GRIEF JOURNAL WRITING PROMPTS

1

How did your loved one die? Describe it as detailed as you can. This will help your brain organize what happened into chronological events which can make it easier to process and accept what happened.

2

How did you and your life change since your loved one died?

3

What do you miss the most?

4

How would you describe your relationship with your loved one? Did you have special ways to bond? What were some of the conflicts you've had with your loved one? How did it affect your relationship?

5

How were you getting along during the days or months leading up to their death? What did you last do together or what did you last say to each other?

6

Write about a special memory that you and your loved one shared. What makes it special?

7

Write a letter to your loved one. Write anything you want to tell them if they were here.

8

Is there something that people do or say that hurts or offends you?

9

What was the best thing someone did for/said to you during your time of loss?

10

What kind of support helps/will help you the most at this time of your life?

11

What are your beliefs about death and the afterlife?

Did it change or did your conviction change after the death of your loved one? How are these beliefs affecting your grief journey?

12

What is the difference between what you project on the outside (what you show to the world) and how you really feel inside?

13

What is the hardest part of the day?

14

Do you often talk about how you feel? What are your struggles when it comes to opening up about your feelings?

15

In a notebook or on a separate piece of paper, write the things that make you feel guilty and regretful towards your loved one. You can do what you want with this list afterward – you can throw it out, burn it, or keep it.

16

Now, write the good things you did for your loved one such as the time you comforted them or made them happy. Reminding yourself of these moments can bring things into perspective and remind you of the positive ways you impacted their life. This can help you start feeling thankful for the love you've shared.

17

Write a letter to your loved one to express your guilt and regret. Again, you may write this on a notebook or on a separate sheet of paper. Do this exercise as often as you'd like or whenever you feel something is weighing heavily on you.



There really is no other way through this but to feel the pain as they come. Let the waves crash and thrash you around. Let the rain pour. Feel what you need to feel. Only when you do that can you give yourself the chance to truly grieve and mourn for everything that you've lost.

From the DALAMHATI: A GUIDED GRIEF JOURNAL

*Dalamhati:
A guided grief journal*

18

Do you feel some anger in relation to the death of your loved one? If yes, who/what angers/angered you?

19

What are your thoughts about forgiveness? How does the idea of forgiving those that hurt and angered you make you feel?

20

What are some grief triggers you've encountered in the past? How did you react?

21

What was the most painful "first" you've had to experience since your loved one died? How did you feel and how did you handle it?

22

Since the death of your loved one, do you experience moments of intense fear? What do you feel extremely afraid of or anxious about?

23

Imagine it is your close friend having these fears and anxieties. How will you advise your friend on how to deal with it?

24

How do you try to maintain a connection to your loved one? How do you feel when doing these activities?

25

Are there other ways to honor your loved one that you want to try or turn into a personal tradition?

26

What is your loved one's legacy? How can you honor it?

27

What is the biggest lesson you've learned from your loved one? How did they impact you as a person and other people as well?

28

What was the most painful "first" you've had to experience since your loved one died? How did you feel and how did you handle it?

29

What realizations about life, relationships, and yourself have you had since your loved one passed? How does it impact how you want to live your life?

30

What do you want to thank your loved one for? Express it to them in a heartfelt letter.

HOW TO MAKE THE MOST OUT OF GRIEF JOURNALING

Make it a routine.

Find the best time of the day to write.

Do you prefer writing first thing in the morning, in the middle of the day, or right before going to sleep?

Set a schedule.

Studies show that writing on a journal 3-4x a week for 15 to 30 minutes a day gives best results. If that's too much, try writing once a week for a month and gradually increase from there.

Open up.

Be honest and vulnerable. Healing only comes when we become honest with how we truly feel.

Take it slow.

Read and write at a pace you're comfortable with.

If some prompts are too painful, don't force it. Give it some time and then return to it.

Take it a step further.

Research about grief. Learning more about grief and loss is an effective coping mechanism.

Observe how journal writing is affecting you. This will help you track how journal writing is positively or negatively impacting your grief journey.

PS: We made a lovely grief journal with all these helpful prompts PLUS mini-discussions about grief, heartfelt grief quotes, bonus coloring pages, and much more. [Check it out here.](#)

That's it for now!

We wish you strength and love as you go through this tough time. Please remember that you are allowed to feel whatever you feel, and, you may or may not want to hear this, but it gets better. Hang in there for a while.

What you can do next:

- Visit our website at www.nakikiramay.ph for more grief-related content.
- Follow us on Facebook & Instagram:
[@nakikiramayph](https://www.instagram.com/nakikiramayph)
- Join our private grief support group: [Grief Support Philippines](#).

With much love,

NAKIKIRAMAY PH

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