

Journal of Grief Adjustment

Note:

Your journal is yours to say and feel what is in your heart and mind. It is your way of crystallising the feeling of loss. Dealing with your feelings one at a time in a written, tangible form is good way to “own” your feelings and respond to them in an organized way. Grief often involves a tangle of feelings; writing them down is great way to isolate and experience catharsis with each one.

If one of these doesn't fit, then write about what you *are* feeling. You could start with just one word (*misery, longing, hope*, or whatever), then describe that feeling with phrases or sentences. If you need to cry as you write, but keep writing until there is nothing more to say about that feeling.

1. My biggest struggle right now is:
2. The thing that really get me down is:
3. The worst thing about my loss is:
4. When I felt lonely:
5. The thing I most fear is:
6. The most important thing I've learned is:
7. The thing that keeps me from moving on is
8. I seem to cry most when:
9. I dreamed last night:
10. I heard the song that reminded me of:
11. A new person I've come to appreciate is: ...
12. I get angry when:

13. Part of the past that keep haunting me is:
14. What I've learnt from the past is:
15. Guilt feeling seem to come most when: ...
16. The experiences I miss the most are:
17. New experiences I enjoy the most are:
18. The changes I least most like are: ...
19. My feelings sometimes confuses me because:
20. I smelled or saw something today that reminded me of: ...
21. A new hope I found today is:
22. New strengths I've developed since my loss are:
23. I feel close to God today because: ...
24. I am angry at God today because: ...
25. For me to find and have balance, I :
26. I got a call or letter from a friend today that:
27. My friend, _____ , had a loss today, and I: ...

P.S.:

Monitor what you write. When you begin to write more about what is happening *today* and less about the person you have lost, you'll know that feeling and adjustment are indeed taking place. Through the process may seem painfully slow, look for signs of progress.