

April 2025:

Navigating Anger & Guilt in Grief

Understanding Difficult Emotions

Anger and guilt are natural parts of grief. These emotions might feel uncomfortable, but they hold information about our love, regrets, boundaries, and the depth of our connections. Let's gently explore them together.

Part One: Exploring Anger

1. When have you felt anger during your grief journey?

(This could be toward yourself, others, the situation, or even your loved one.)

2. What's underneath the anger?

(Often anger masks pain, helplessness, fear, or deep sadness. What else might be there?)_

3. If your anger could speak, what would it say?

Part Two: Moving Through Guilt

4. What do you feel guilty about, if anything?

(It's okay to write things that don't "make sense" — your feelings are valid)

5. What would your loved one say to you about this guilt if they could?

6. Can you offer yourself compassion for doing the best you could with what you knew at the time? Write a short forgiveness note to yourself.

Part Three: Releasing Judgment

7. Are you holding on to any “should haves” or “could haves”?

(List them, then consider which ones feel true, and which are shaped by grief or hindsight.)

8. What are small ways you can be gentle with yourself when these feelings come up again?

Closing Affirmation:

“I honor every emotion that grief brings. I give myself permission to feel, to release, and to heal—one breath at a time.”

Journal Prompts

1) Reflecting on Emotional Truths

Anger and guilt often show us where love lives. What have these emotions revealed about your bond with your person? What truths are they pointing you toward?

2) Letting Go with Love

Is there something you're holding that it might be time to release? Write a letter to yourself or your loved one that begins the process of letting go—with love, not judgment.