

Journal Prompts for Grief & Loss

Processing the Loss

1. Describe the person, pet, or situation you lost. What made them/it special to you?
2. What is one memory that brings you comfort? Write about it in detail.
3. How has your daily life changed since the loss?
4. If you could have one more conversation with them, what would you say?
5. What emotions come up when you think about your loss? Allow yourself to explore them freely.

Coping with Grief

6. How do you typically cope with grief? Are these coping strategies helping or hurting you?
7. What are three things that have brought you moments of peace or relief during this time?
8. If you could give yourself one piece of advice during this grieving process, what would it be?
9. How do you feel about asking for support? What stops you from reaching out?
10. What is something kind and nurturing you can do for yourself today?

Honoring and Remembering

11. How would you like to honor the memory of the person/pet you lost?
12. What lessons did they teach you that you carry with you?
13. If you could write them a letter, what would you want to share?
14. What traditions or rituals can you create to keep their memory alive?
15. How would they want you to live your life moving forward?

Moving Forward

16. What does healing look like for you?
17. Are there any emotions you're struggling to express? What would help you release them?
18. What would you say to someone else who is going through a similar loss?
19. What are three things that give you hope for the future?
20. How can you carry their love with you in a way that supports your growth?