

## **Grieving the Death of a Loved One by Suicide Journal Prompts**

Losing a loved one to suicide can be an incredibly complex and painful experience. It may bring up a range of emotions, from grief and sadness to guilt and anger, and it may be difficult to process all that you're feeling. These journal prompts are designed to help you navigate the emotions surrounding a suicide loss, reflect on your relationship with your loved one, and begin to heal.

### **1. Processing the Loss**

1. How did I first learn about my loved one's death? What were my immediate thoughts and feelings in that moment?
2. How do I feel about my loved one's decision to end their life? Do I feel sadness, anger, or a sense of confusion? What emotions stand out the most for me?
3. What does the act of suicide mean to me? How do I reconcile my grief with the understanding that my loved one chose this path?
4. How has the death by suicide changed my perception of that person? Does it affect how I remember them or how I think about them now?
5. What feelings or thoughts are most overwhelming to me at this time? Are there moments where I feel like I can't fully process what happened?

### **2. Addressing Guilt and Self-Blame**

6. Do I feel guilty about my loved one's death? Are there moments where I wonder if I could have done something differently to prevent it?
7. How can I separate my feelings of guilt from the reality of what happened? What steps can I take to release the self-blame?
8. How does my inner voice talk to me when I think about what I could have done to help them? Is it telling me that I failed, or is it more compassionate?
9. In what ways did I support my loved one before their death, and how can I honor those efforts, even if it didn't lead to the outcome I hoped for?
10. What would I say to someone else who was grieving a similar loss, especially if they were struggling with guilt?

### **3. Exploring the Complex Emotions of Grief**

11. What are the most difficult emotions I am experiencing as a result of the suicide? Do I feel confusion, disbelief, anger, or sadness?
12. How do I cope with these emotions? Are there certain coping mechanisms I tend to turn to, and do they help or hurt in this situation?
13. How has the grieving process been different for me compared to losing a loved one through other means?
14. Are there moments where I feel like my grief is different because of the way they died? Do I feel more isolated, misunderstood, or judged because of the nature of the loss?

15. What emotions do I find hard to express? Do I feel like I have to keep my grief hidden from others, especially because of how my loved one died?

#### **4. Honoring My Loved One's Memory**

16. What were the qualities I loved most about my loved one? How can I remember them in a way that honors their life beyond their death by suicide?
17. What positive memories do I have of my loved one? What do I want to remember most about them as I continue to grieve?
18. How can I keep their memory alive in a meaningful way, without letting their suicide define who they were as a person?
19. What was the impact of my loved one on my life? How did they shape who I am today, and how can I continue to carry those lessons with me?
20. How can I create rituals or traditions to honor their memory that feel meaningful and healing for me?

#### **5. Navigating the "Why"**

21. How do I feel about not having answers to "why" they took their own life? Is it important for me to have an explanation, or am I coming to terms with the unknown?
22. If I could ask my loved one why they chose suicide, what would I want to know? What do I wish they had been able to say to me?
23. How do I feel about the mental health struggles my loved one experienced? Do I feel anger, empathy, or frustration that they didn't get the help they needed?
24. How can I reconcile their internal struggles with the person I knew and loved? What do I want others to know about them, beyond the way they died?
25. What do I need to tell myself about the circumstances surrounding their death in order to stop blaming myself or others for what happened?

#### **6. Addressing Stigma and Isolation**

26. Do I feel like there is a stigma around suicide that makes it harder to grieve openly? What judgments or assumptions have I faced from others, if any?
27. How do I navigate conversations with others about my loved one's death by suicide? Are there things I wish I could say to people who don't understand the complexity of suicide loss?
28. How can I speak more openly about my grief and my loved one's death, despite the fear of being judged or misunderstood?
29. What would I want others to know about suicide loss, especially if they haven't experienced it themselves?
30. How can I protect myself from the emotional strain of others' judgment or lack of understanding while I grieve?

#### **7. Moving Forward and Healing**

31. What do I need in order to heal from this loss? What does healing look like to me, and how can I take small steps toward it each day?
32. How can I begin to let go of the anger or frustration I feel towards my loved one's choice, while still honoring their struggles and pain?
33. How do I want to continue living my life while grieving this loss? What can I do to honor my loved one's life and still move forward with my own?
34. How can I lean into support, whether from friends, family, or professionals, without feeling like I need to "get over" my loved one's suicide?
35. What would I say to myself if I were my own best friend? How can I offer myself compassion during this difficult time?

## **8. Finding Meaning and Purpose**

36. How can I find meaning in my grief, even if it feels impossible right now?
37. What are the lessons or insights I can take from my loved one's life and death, even though it is a painful experience?
38. How can I use my grief to deepen my understanding of mental health and suicide prevention in my community or personal life?
39. How can I advocate for those who may be struggling with similar issues that led my loved one to suicide?
40. What do I hope to learn from this grief journey, and how can I use what I've learned to heal, grow, and help others who are suffering?