

GRIEF THERAPY

Journal

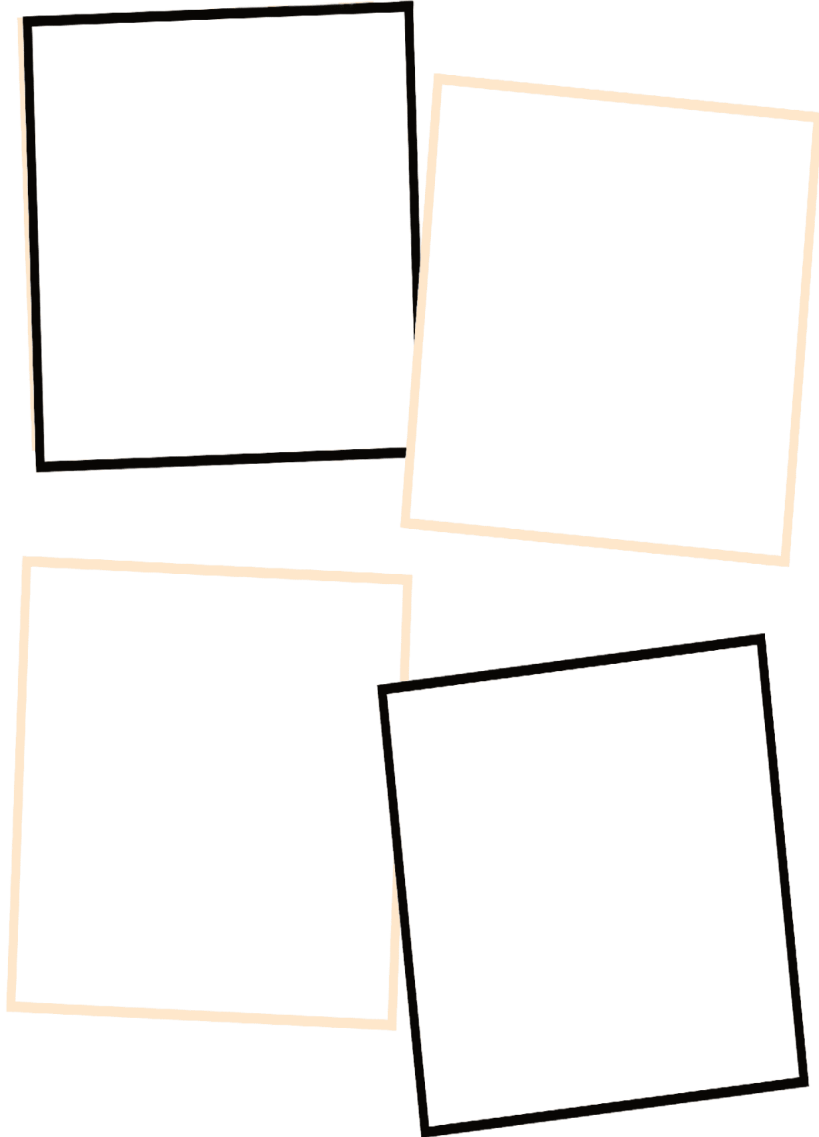


This journal belongs to:



PHOTOS OF MY LOVED ONE

Start this journey by finding photos of your loved one which you want to treasure and look at to remember them.



Memories I will treasure forever!

GRIEF RECOVERY TIMELINE

It is often helpful to create a timeline that highlights your relationship with your lost loved one. Fill in the most important points using the timeline below.
Example: met in 1990, married in 1980.



GRIEF RECOVERY HEALTHY RITUALS

It can be helpful in the grieving process to develop rituals to help you remember your lost loved one. Complete the following to identify some healthy rituals.

Develop a photo album, scrapbook or journal of pleasant memories to view when you want to remember your loved one. List some memories here that you would include:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

HEALTHY RITUALS

WHAT ARE OTHER RITUALS YOU MIGHT ESTABLISH TO HONOR THE
MEMORY OF YOUR LOST LOVED ONE?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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[illegible]

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GRIEF RECOVERY ROADBLOCKS

Sometimes things were left unsaid or issues not resolved before the loss of your loved one. These can make it more difficult to move forward in the recovery process. Answer the following:

- If you could speak with your loved one again, what would you like to say?

- What unresolved issues do you have that need to be addressed to be at peace.

- What can you do to address any unresolved issues? (Express your gratitude to a family member, etc.)

- If it would be helpful, write a letter expressing your feelings and/or thoughts. Read it aloud to yourself, another person, or an empty chair.

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GRIEF RECOVERY ASSESSMENT

Check all that apply:

- | | |
|---|--|
| ☐ I have someone that I can talk with about my feelings. | ☐ I am not concerned about where I am in the grieving process. |
| ☐ I can express my feelings openly. | ☐ I have made peace with my loss. |
| ☐ The loss has become a reality now. | ☐ I am no longer angry about my loss. |
| ☐ I am sleeping enough at this time. | ☐ My sadness lifts at times. |
| ☐ I am not self-medicating with alcohol. | ☐ I can remember the good times with my lost loved one. |
| ☐ My appetite is back to normal. | ☐ I want to move forward but never forget. |
| ☐ I do not avoid people or isolate myself for extended periods of time. | ☐ I feel hopeful about the future. |
| ☐ As time passes, I am coping better. | |

Scoring:

Count the number of check marks. Your responses will vary at different stages of the grief process.

- | | |
|---------|--|
| 10-15 | You are coping and managing your grief well. |
| 5-9 | Things are still pretty difficult for you – find someone to talk to. |
| below 5 | It is important that you seek help to help with this process. |

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Check all that apply:

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|---|--|
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LETTING GO GRIEF RECOVERY

Complete the following:

- In order to fully mourn my loss, I let go of these thoughts:
For example: I can't manage without him/her.
- In order to fully mourn my loss, I let go of this guilt:
- In order to fully mourn my loss, I let go of these plans for the future:
- In order to fully mourn my loss, I let go of these painful memories:
- In order to fully mourn my loss, I let go of these unspoken words:
- In order to fully mourn my loss, I let go of these lost opportunities:

HEALTHY COPING FOR PROCESSING GRIEF

List some ways to actively embrace and cope with each stage of the grief process.

● During the initial stage of shock and numbness, I will:

● To cope with my anger, I will:

● During the bargaining stage, I will:

● To cope with my depression, I will

● When I have come to acceptance, I will:

SELF-CARE WHILE GRIEVING

It is critical to take care yourself in every way when mourning the loss of a loved one. Use the space below to identify some ways you can do this.

To care for my physical well being, I
can:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

To care for my spiritual well being, I
can:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

To care for my emotional well
being, I can:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

To care for my mental well being, I
can:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

POSITIVE MEMORIES GRIEF RECOVERY

It can be helpful in the grieving process to recall fond memories of your loved one. Use the following prompts to list the details of as many positive memories as possible.

- I remember the first time we. . .
- Our first. . .
- Our favorite place was. . .
- Our favorite meal was. . .
- The most exciting thing we did together was. . .
- The most sacred thing we did together was. . .
- Our favorite vacation spot was. . .
- She/he loved the music. . .

POSITIVE MEMORIES

GRIEF RECOVERY (Cont.)

- We found the best place to...
- Our home was...
- His/her hobby was...
- She/he always wanted to...
- We talked about...
- We loved...
- His/her dream was...
- My favorite gift was. . .
- His/her favorite authors were...
- His/her favorite movies/shows were...
- We always tried to...

ABOUT MY GRIEF

WHAT HAS BEEN CONFUSING....

WHAT HAS BEEN SURPRISING...

WHAT I HAVE BEEN THANKFUL FOR DURING MY GRIEF

MEANINGFUL OR COMFORTING QUOTE DURING MY GRIEF

KEEPING THE MEMORY

WHAT I MISSED THE MOST ABOUT THE PERSON I LOST

MY FAVORITE MEMORIES WITH THE PERSON I LOST

EVERYTHING I WANT TO SAY

UNSENT LETTER TO THE PERSON I LOST

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DAILY REFLECTION

WHAT I'M FEELING RIGHT NOW ?

TODAY I'M REALLY MISSING...	TODAY, I'M HAVING A HARD TIME WITH...

A SIMPLE ACTIVITY I CAN DO TODAY TO SHOW COMPASSION TO MYSELF IS....

☐

☐

☐

THINGS I'M GRATEFUL FOR...	GOOD THINGS ABOUT TODAY...	THINGS THAT MADE ME SMILE...

SAYING GOODBYE

I'M SAYING GOODBYE BECAUSE....

IT MAKES ME FEEL....

I REMEMBER A TIME WHEN WE....

SOMETHING I WANT YOU TO KNOW IS...

I WILL ALWAYS REMEMBER...

EMOTIONAL SUPPORT

[illegible]

5-GRIEF SELF CARE

ONE THING I CAN DO TODAY TO IMPROVE	
REST	
EAT HEALTHY	
EXERCISE	
SPEND TIME OUTDOORS	
KEEP MY HOBBIES	

ACT TO HELP OTHERS

Helping others has an added benefit of making me feel better as well

[illegible]

DAILY PLANNER

DATE : _____

TODAY'S AFFIRMATION

I AM GRATEFUL FOR....

SCHEDULE

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

TO DO

☐☐☐☐☐☐☐☐☐☐☐☐

HEALTH & WELLNESS

Actions to boost mental, spiritual and physical wellness.

☐☐☐☐☐☐

APPRECIATION (What made me smile today)

GROWTH (What I have learned)

NOTES

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DATE: _____

	S	M	T	W	T	F	S
Restless Sleep	☐	☐	☐	☐	☐	☐	☐
Unmotivated	☐	☐	☐	☐	☐	☐	☐
Unfocused	☐	☐	☐	☐	☐	☐	☐
No Appetite	☐	☐	☐	☐	☐	☐	☐
Nausea	☐	☐	☐	☐	☐	☐	☐
Fatigue	☐	☐	☐	☐	☐	☐	☐
Lack of Concentration	☐	☐	☐	☐	☐	☐	☐
Sensitive to light / smell / sound	☐	☐	☐	☐	☐	☐	☐
Anxiety	☐	☐	☐	☐	☐	☐	☐
Irritable	☐	☐	☐	☐	☐	☐	☐
Sad	☐	☐	☐	☐	☐	☐	☐

MY EMOTION (Scale of 1-10)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----



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DATE : _____

HOW ARE YOU FEELING TODAY:

WHAT WERE YOU DOING OR THINKING OF, BEFORE YOU WERE AWARE OF YOUR EMOTIONS?

WHY DO YOU THINK IT MADE YOU FEEL THIS WAY?

IF YOU COULD DO ANYTHING TO LIFT YOUR SPIRITS, WHAT WOULD IT BE?

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DAILY THOUGHT CHALLENGE

DATE: _____

WHAT WAS THE WORST PART OF MY DAY?

MY NEGATIVE THOUGHTS COMING UP	MY KINDER WAY TO LOOK AT IT	HOW CAN I WORD IT NICER?

HOW I CAN COPE?

DAILY THOUGHT CHALLENGE

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DYSFUNCTIONAL THOUGHTS RECORD

SITUATION (What happened?)

EMOTIONS (How do you feel right now?)

--	--	--

UNHELPFUL THOUGHTS (What bothers you in this situation?)

THOUGHTS

DISTORTIONS

--	--

ALTERNATIVE THOUGHTS (Rational response to negative thoughts)

--

OUTCOME (How do you feel now?)

--

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THOUGHT PATTERNS

WHICH THOUGHTS OCCURS MORE THAN OTHERS?

HAVE YOU NOTICED A PATTERN OF WHEN THIS HAPPENS?
(Poor night's sleep, didn't eat, etc.)

IF YOU HAVE NOTICED A PATTERN, HOW CAN YOU BREAK THE CYCLE?

THOUGHT PATTERNS

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BEHAVIOR TRACKER

UNHEALTHY BEHAVIOIRS	M	T	W	T	F	S	S
Substance abuse							
Self-harm							
Overspending							
Porn or promiscuity							
Disordered eating							
Lying / manipulating							
Cheating or stealing							
Avoiding or procrastinating							
Violence / fighting							
Ruminating							
Body repetitive behaviors							
Other :							
Other :							
Other :							
Other :							
Other :							

Behavior you struggled the most with this week

Certain techniques that help prevent you from engaging in these behaviors

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HOW ARE YOU FEELING TODAY:

WHAT WERE YOU DOING OR THINKING OF, BEFORE YOU WERE AWARE OF YOUR EMOTIONS?

WHY DO YOU THINK IT MADE YOU FEEL THIS WAY?

IF YOU COULD DO ANYTHING TO LIFT YOUR SPIRITS, WHAT WOULD IT BE?

DAILY TRACKER

DATE : _____

HOW ARE YOU FEELING TODAY:

WHAT WERE YOU DOING OR THINKING OF, BEFORE YOU WERE AWARE OF YOUR EMOTIONS?

WHY DO YOU THINK IT MADE YOU FEEL THIS WAY?

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IF YOU COULD DO ANYTHING TO LIFT YOUR SPIRITS, WHAT WOULD IT BE?

DAILY THOUGHT CHALLENGE

DATE: _____

WHAT WAS THE WORST PART OF MY DAY?

MY NEGATIVE THOUGHTS COMING UP	MY KINDER WAY TO LOOK AT IT	HOW CAN I WORD IT NICER?

HOW I CAN COPE?

DAILY THOUGHT CHALLENGE

DATE: _____

WHAT WAS THE WORST PART OF MY DAY?

MY NEGATIVE THOUGHTS COMING UP	MY KINDER WAY TO LOOK AT IT	HOW CAN I WORD IT NICER?

HOW I CAN COPE?

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DAILY THOUGHT CHALLENGE

DATE: _____

WHAT WAS THE WORST PART OF MY DAY?

MY NEGATIVE THOUGHTS COMING UP	MY KINDER WAY TO LOOK AT IT	HOW CAN I WORD IT NICER?

HOW I CAN COPE?

KEEPING BUSY

ACTIVITIES I LOVE DOING AT HOME

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KEEPING BUSY

ACTIVITIES I LOVE DOING AT HOME

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POSITIVE THOUGHTS

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POSITIVE THOUGHTS

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POSITIVE THOUGHTS

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SELF CARE LOG

WEEK OF: _____

[illegible]

SELF CARE LOG

WEEK OF: _____

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SELF CARE LOG

WEEK OF: _____

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SELF CARE LOG

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MEDITATION LOG

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MEDITATION LOG

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SLEEP TRACKER

[illegible]

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SLEEP TRACKER

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MOOD CHART

MONTH OF: _____

DAY	AWESOME	GOOD	NEUTRAL	BAD	TERRIBLE
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MOOD CHART

MONTH OF: _____

DAY	AWESOME	GOOD	NEUTRAL	BAD	TERRIBLE
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MOOD CHART

MONTH OF: _____

DAY	AWESOME	GOOD	NEUTRAL	BAD	TERRIBLE
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MOOD CHART

MONTH OF: _____

DAY	AWESOME	GOOD	NEUTRAL	BAD	TERRIBLE
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GRATITUDE JOURNAL

BUCKET LIST

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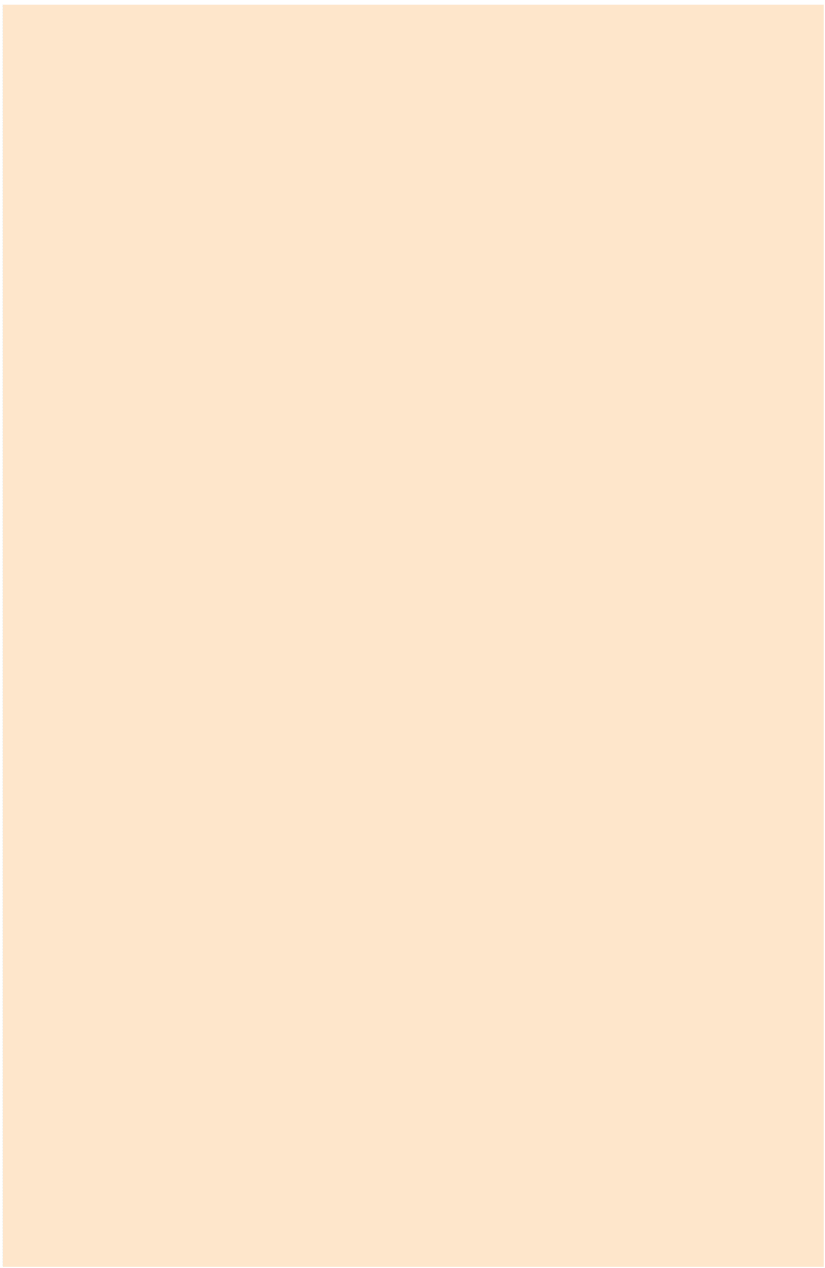
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VISION BOARD



JOURNAL

DATE : _____

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JOURNAL

DATE : _____

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JOURNAL

DATE : _____

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Even though I walk
through the valley of the
shadow of death, I will
fear no evil: for thou art
with me; thy rod and thy
staff they comfort me." -
Psalm 23:4 (KJV)

