

# *Grief Journal*



Journaling is a powerful way to record the many thoughts, feelings and memories that arise following the loss of a loved one.

Each phrase within these pages is designed to prompt feelings. As you patiently sift through your emotions and thoughts you can find answers, important insights and, ultimately, acceptance of your loss.

We Hope the exercise of journaling will bring you Clarity, understanding and peace.

The Bereavement Department











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\_\_\_\_\_ has had the following impact on:

My basic personality:

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My values and beliefs:

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The traits I would most like to affirm and develop are:

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The traits I would most like to relinquish or change are:

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Write a letter of gratitude to your loved one for the gifts they gave you:

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