

Practical Tools for Healing: Journal Prompts for Grief

If you're navigating grief, journaling can be a powerful way to process your emotions and begin the healing journey. Using expertly curated journal prompts can be a powerful tool to foster self-reflection and emotional healing. We're sharing some of the journal prompts we have successfully used with our own clients for you to use in your healing journey.

- **What has this loss taken from you, and what, if anything, has it revealed or taught you about yourself?**
Reflect on how this experience has reshaped your perspective and what personal insights it has brought to the surface.
- **In what ways are you different now compared to before this loss?**
Explore the changes in your identity, outlook, or day-to-day life and how you are adjusting to them.
- **What emotions are you struggling to accept or express regarding this loss?**
Write about the emotions that feel most difficult and what may be keeping you from fully processing them.
- **How has this loss affected your sense of purpose or direction in life?**
Reflect on how your goals, dreams, or sense of meaning have shifted as a result of this experience.
- **What beliefs about yourself or life might need to be reframed in order for you to move forward?**
Consider any limiting thoughts or stories you're holding onto and how shifting your mindset could help in your healing.
- **Who or what is still supporting you through this difficult time?**
Focus on the people, resources, or internal strengths that continue to offer comfort and stability despite the loss.
- **What small steps can you take to begin rebuilding, even if the path feels uncertain right now?**
Identify actions, however small, that will help you move toward healing, renewal, or growth in your current situation.