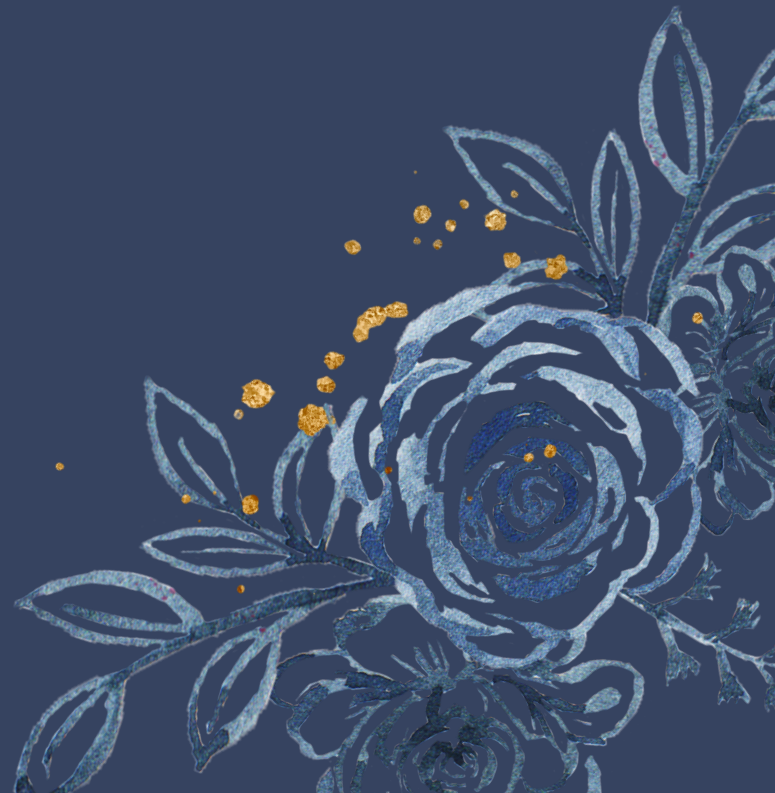




*Saying
Goodbye*



The Process of Grieving

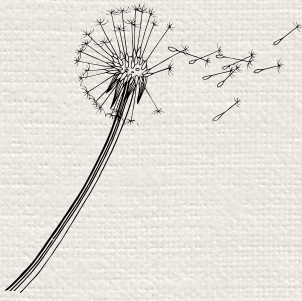
Regardless of your religious or spiritual beliefs, we all experience a period of mourning when a loved one passes. Although the process of grieving is unique to the individual, the basic emotions of sadness, anxiety, and anger are universal. There are common physical symptoms of grief as well, including fatigue and changes in appetite. The mourning period can feel endless but will pass. Your task now is to move through it at your own pace and in whatever way feels most appropriate to you.



This guided journal is meant to help you cope with your grief, not force you to move on. You will be able to reflect on your memories with your loved one as well as your emotions, helping you to process them and understand yourself more. Fill out every page or only those that stick out to you. This is a resource for anytime in your grieving process of a loved one, no matter how long it has been.



To Never Be Ready



Despite knowing that all life ends, there is no way for us to be ready for a loved one's passing. Accepting that this event has happened and that we now live in a new reality is one of the first steps in healing and helps us cope with this difficult life event.

Reflect on your initial thoughts after knowing your loved one had passed. What emotions first came to you?

A large, empty, rounded rectangular box intended for the user to write their reflections on their initial thoughts and emotions after a loved one's passing.

Write about what has brought you comfort since their passing. Can you make time for these things as you continue to grieve?

A large, empty, rounded rectangular box intended for the user to write about what has brought them comfort since their loved one's passing and whether they can make time for these things while continuing to grieve.

Your Right to Grieve



Grief is not only sadness - it also brings confused feelings of anger, frustration, or anxiety. You may even begin to doubt many of your personal beliefs. These emotions are difficult but valid, and are part of how your mind is trying to cope with the event. You may find that you are a changed person as a result of this loss.

Have you had any feelings of anger, anxiety, or doubt since your loved one's passing? How do you think each of these has or will reshape you?

A large, empty, rounded rectangular box intended for the user to write their response to the first question.

Write about the last time you were suddenly overcome with strong emotions related to your grief. What helped you to calm down afterwards?

A large, empty, rounded rectangular box intended for the user to write their response to the second question.

The Silence of Absence



Often, after a loved one passes, their absence can feel like overwhelming silence. We may fear forgetting the sound of their laugh or the color of their eyes. These fears are a natural response to realizing this person is fully gone from our lives, but their memory lives on within us, their families, and their friends.

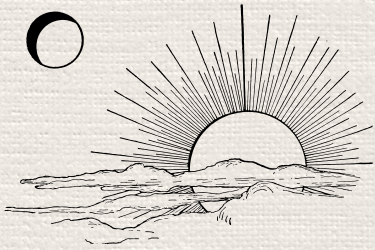
Reflect on any fears you may have had about forgetting your loved one and how these fears affect you emotionally and physically.

A large, empty, rounded rectangular box intended for reflection on fears of forgetting a loved one.

Now write about a physical item you own that helps you remember your loved one and any memories you associate with that item.

A large, empty, rounded rectangular box intended for writing about a physical item that helps remember a loved one.

Accepting Change



The loss of a close loved one can come as a shock to you and possibly your everyday life. You may even internally beg for this change not to happen. Keep in mind that humans have evolved to adapt to difficulty and although you cannot change what has happened, you *will* be okay.

In this space, write about another time in your life when you experienced a extremely difficult change and how you overcame it.

A large, empty, rounded rectangular box for writing.

Now write about how your loved one changed you. Think about how they impacted you or the many things they may have taught you.

A large, empty, rounded rectangular box for writing.

Holding on to Love



Even if you do not believe in an afterlife, you can still find comfort in knowing your loved one is eternally at rest. However, just because they are gone does not mean the love and care you had for them is gone as well. The relationship you had with this person is unique and irreplaceable, a beautiful memory you can hold on to forever.

Write your final message of love to your loved one. Include anything you wish you had said before they passed and any memory you would like to hold close to your heart.

A large, empty white rectangular area with rounded corners, intended for writing a final message of love to a loved one.