



# LOVE LISTEN & PLAY

Fostering Community Wellness

## **Grief Journal Prompts:**

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Journaling helps short-circuit the chronic stress following traumatic events. Reconnecting and becoming more comfortable with memories calms the fear center of the brain, which is on overdrive during the grieving process.

Below is a set of 10 writing prompts that can help you to process through some of your thoughts and feelings.

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### **1. What is a positive memory of your loved one?**

### **2. If you could say anything to your loved one, what would it be?**

**3. What are the issues, if any, that are unresolved?**

**4. Who is your support system?**

**5. How can you be compassionate towards yourself while grieving?**

**6. You feel most connected to your loved one when...?**

**7. What do you find helpful in your situation?**

**8. Your grief triggers are...?**

**9. What do you want people to know about your loved one?**

**10. What is one thing you learned from your loved one?**



**Source:** Writing Prompts were primarily inspired by the USURNS Online Grief Journaling Article which can be found [here](#).

## Contact Information:

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