

For My Husband:

50 Grief Journal Prompts

1. Today I remembered...
2. My favorite thing we used to do together...
3. I remember my love's favorite movie...
4. The first time we met...
5. The things I miss most...
6. One thing that made me laugh...
7. How I felt when I was around my love...
8. The little things that meant a lot...
9. Our favorite place...
10. Everyday memories...
11. A color that makes me think of him...
12. One thing that made him mad...
13. This memory always makes me smile...
14. A random memory that made me stop...
15. A memory that always makes me cry...
16. Things he loved...
17. Things he hated...
18. A smell that makes me think of my love...
19. I listened to his favorite song...
20. The memories stay with me...
21. If I could go back in time...
22. If I could sum him up in three words...
23. His best quality...
24. His worst quality...
25. How knowing him changed my life...
26. Ten words that best describe my love...
27. My favorite quote that sums him up...
28. One thing he taught me about myself...
29. If I could change one thing, it would be...
30. Since my love is gone, I'm going to...
31. My 'forward motion' plan for today...
32. My 'forward motion' plan for this week...
33. My 'forward motion' plan for this month...
34. My 'forward motion' plan for this year...
35. I will depend on...
36. How things have changed...
37. How I feel today...
38. When I wake up in the morning...
39. I had a dream about my love...
40. When I do this I think of my love...
41. If I could tell him one thing...
42. A tradition that helps me remember...
43. I wish someone would say...
44. How I'm healing every day...
45. If I could change one thing...
46. My support system is...
47. How loving him has changed me...
48. How losing him has changed me...
49. How I will continue coping every day...
50. I know I'm going to be okay because...