

To My Love:

50 Grief Journal Prompts

1. Today I remembered...
2. My favorite thing we used to do together...
3. I remember your favorite movie...
4. The first time we met...
5. The things I miss most...
6. One thing you did that made me laugh...
7. How I felt when I was around you...
8. The little things that meant a lot...
9. Our favorite place...
10. Everyday memories...
11. A color that makes me think of you...
12. One thing that made you 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 you loved...
17. Things you hated...
18. A smell that makes me think of you...
19. I listened to your favorite song...
20. Your memories stay with me...
21. If I could go back in time...
22. If I could sum you up in three words...
23. Your best quality...
24. Your worst quality...
25. How knowing you changed my life...
26. Ten words that best describe you...
27. My favorite quote that sums you up...
28. One thing you taught me about myself...
29. If I could change one thing, it would be...
30. Since you are 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 you...
40. When I do this I think of you...
41. If I could tell you 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 you has changed me...
48. How losing you has changed me...
49. How I will continue coping every day
50. I know I'm going to be okay because...