

# 55 Grief journal prompts



Here are 55 grief journal prompts to help with the process of healing and reflection:

1. Describe your loved one and what they meant to you.
2. Write about your favorite memory with the person you have lost.
3. List the emotions you've felt since your loss and elaborate on each one.
4. Write a letter to the person you lost saying everything you wish you could say now.
5. What has been the hardest part of this experience for you?
6. Describe a day you wish you could live over again with your loved one.
7. How has your life changed since your loss?
8. Write about something you wish you had done with your loved one.
9. What are some things you wish you could tell your loved one now?
10. How do you cope on tough days?
11. Reflect on how your perspective on life has changed.
12. What has this loss taught you about yourself?
13. Write about a place that reminds you of your loved one.
14. What do you miss the most about your loved one?
15. How do you want to remember your loved one on special days?
16. Create a gratitude list for the support you've received during your grief.
17. Write about a funny memory you have of the person you lost.
18. If you could have one more day with your loved one, what would you do?
19. Describe the personality and character of your loved one.
20. What are some ways you can honor your loved one's memory?
21. Write about the things you learned from your loved one.
22. How have your relationships with others changed since your loss?
23. What are some things that trigger your grief?
24. Write about how you've managed to find moments of joy amidst the grief.
25. Describe the support system you have and how it has helped you.
26. Write about how you envision your life moving forward.
27. Reflect on any dreams or signs you've felt from your loved one.
28. What are some of the challenges you face in your grief journey?
29. [Write about a song or piece of music](#) that reminds you of your loved one.
30. How do you handle moments when you feel overwhelmed by grief?
31. Describe a holiday or tradition that has changed since your loss.
32. Write about how you have changed since the loss of your loved one.
33. What are some self-care practices that help you through grief?
34. Describe a conversation you wish you could have with your loved one now.
35. Write about the last thing you said to your loved one.

36. How do you feel about the future without your loved one?
37. What are some ways you can keep your loved one's memory alive?
38. Write about how you deal with feelings of anger or frustration.
39. Describe a lesson you've learned about grief.
40. What are some things you wish others understood about your grief?
41. Write about a tradition you want to start in memory of your loved one.
42. How has your faith or spirituality been affected by your loss?
43. Write about the first time you laughed after your loss.
44. What are some [ways you can express your feelings creatively](#)?
45. Describe how you've honored your loved one on anniversaries or birthdays.
46. What are some comforting words or phrases that help you?
47. Write about how you've been able to help others who are grieving.
48. Describe how nature or the outdoors affects your grief.
49. Write about a book or poem that has helped you with your grief.
50. How do you balance remembering your loved one and living your life?
51. Describe how you've dealt with setbacks in your grief journey.
52. Write about how you've commemorated your loved one through keepsakes or memorials.
53. What are some goals or dreams you have for your life now?
54. How do you approach holidays and special events without your loved one?
55. Describe a moment when you felt close to your loved one after their passing.

