



JOURNAL PROMPTS

for Healing Grief



A

GRIEF JOURNAL

FROM THE
CENTER FOR CREATIVE COUNSELING



Using this grief journal.

There is no denying it...grief hurts. Sometimes so much that you may find yourself working to avoid that pain.

And no matter how tempting it might be to push it away, allowing yourself space to experience the hurt is the best way to start healing.

What's more, there is no one right way to grieve. You will make your own path, find what works for you, and you don't have to go it alone.

Your grief will never truly go away, but you will heal, rebuild, & feel whole again - just in a new way. And this journal can help.

With thoughtfully selected journal prompts designed to tap into your grief experience, this journal will help guide you through.



ABOUT ME

I'm Hayley Wilds, licensed counselor, certified grief-informed professional, and owner of the [Center for Creative Counseling](http://CenterforCreativeCounseling.com) in Pittsburgh, Pennsylvania.

I help grieving individuals process their grief in a supportive and sacred counseling space to encourage healing.



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The thing that hurts the most is...

I'm afraid to think about...

If there is one thing I wish I would have done differently, it would be...



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When I think about forgiveness, I think I need...

Today I feel...

One of my biggest regrets is...



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One thing that brings me comfort is...

Before this loss happened, I was hoping that...

I get angry when I think about...



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In 6 months from now, I hope to be...

When it comes to support, I wish people would...

The one thing I wish my loved ones knew about my grief is...



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I'm so tired of...

The most surprising thing about my grieving process has been...

One way that I plan to stay connected to what I've lost is...



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Some healing mantras to get me through the tougher days could be...

Some of the ways I would like to honor and memorialize my loss could be...

In order to continue my healing journey, I will...



INTERESTED IN GRIEF COUNSELING?

If this grief journal has been helpful, and you are interested in continued support, I offer a free 15 minute consultation to see if [grief counseling](#) is right for you.



The Center for Creative Counseling provides a variety of online therapy services and grief counseling to residents of Pennsylvania,

To find out what services would be a good fit for you, click on the button below to schedule your free consultation, or visit <https://centerforcreativecounseling.com>

[BOOK A FREE CONSULTATION](#)