

GRIEVING

Deep grief is the price of deep love. Grief can manifest itself in many different emotional and physical ways. There is never a time limit to grief. It can be debilitating for some and others it can motivate.

I have found that journaling about your experience during difficult times in life may bring some powerful moments of reflection, clarity, and a path forward.

Here are some journal prompts that I hope can help.

1) Describe why you are grieving.

2) What do you miss the most?

3) What is your fondest memory?

4) When is your hardest time of the day or season?

5) When alone, what do you do?

6) Who can you lean upon (family/friend)?
