

Remembering with Love

# *Grief Journal*

**A CREATIVE JOURNEY  
TOWARD PEACE AND HOPE**



This book comes with instructional pieces and writing prompts to enhance your journaling practice.

# The Healing Power of Writing

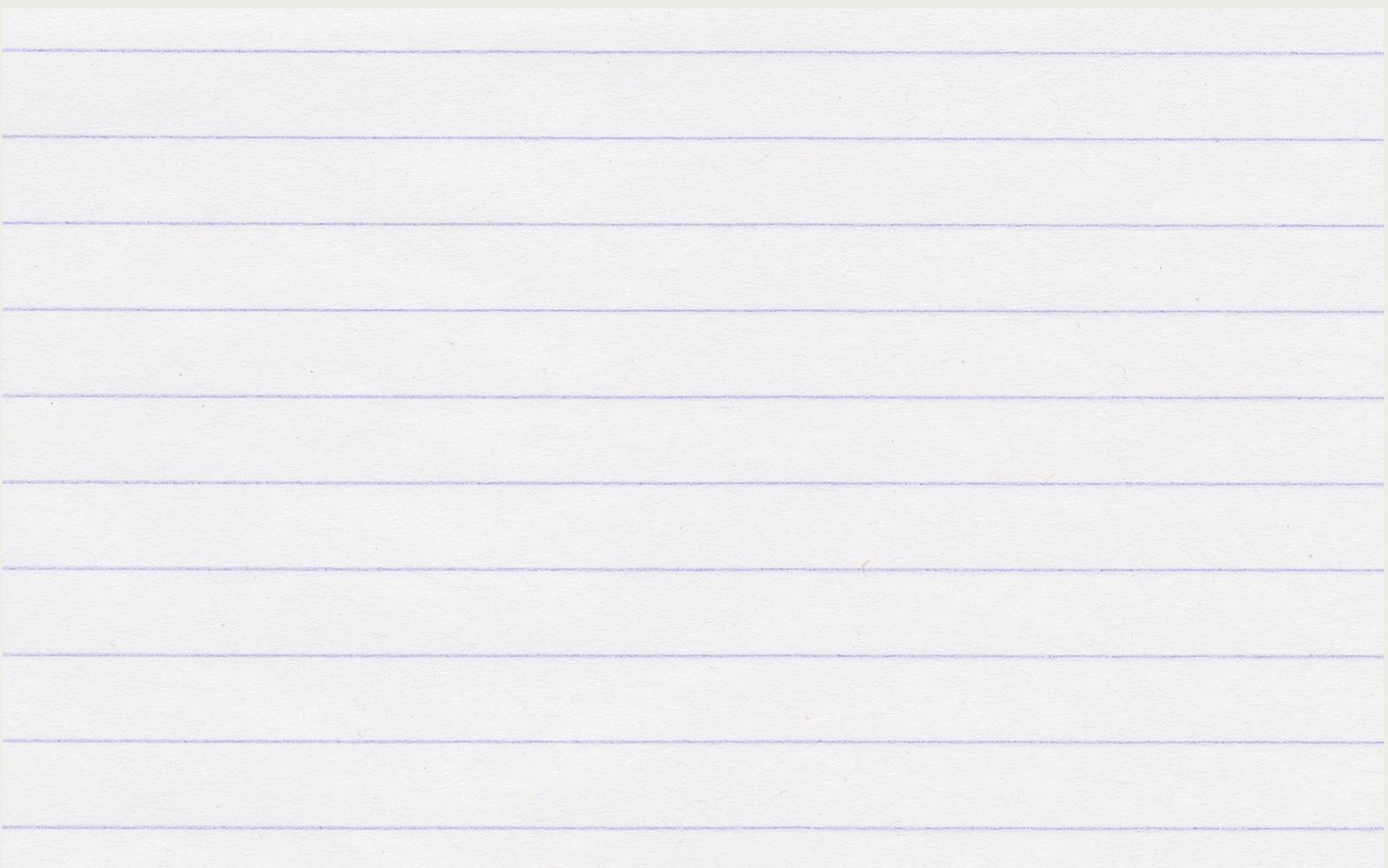
Writing can be a very healing experience. Often, we can express thoughts differently on paper than we do with the spoken word or even in our own minds. In this journal, we've added thought-provoking thoughts, prompts and quotes around grief and loss at the top of each page. Use the quotes as a starting point for your writing, but, let your words guide you.

Trust yourself and trust the process to take you where you need to go. Set aside a special time each day for your writing ritual. Be good to yourself during this period of growth and healing. You might even want to establish caring rituals around your writing time. Make yourself a hot cup of tea, use a favorite pen, light a candle.

You may feel like you want to read the words and stories that you have written here, or you may want to keep them on the page. Try not to censor yourself. These pages and these thoughts and words are for you and no one else. Give yourself permission to just write and be present.

Do you have an intention for this journal?

Dedicate this journal and your time writing to yourself or to a loved one.

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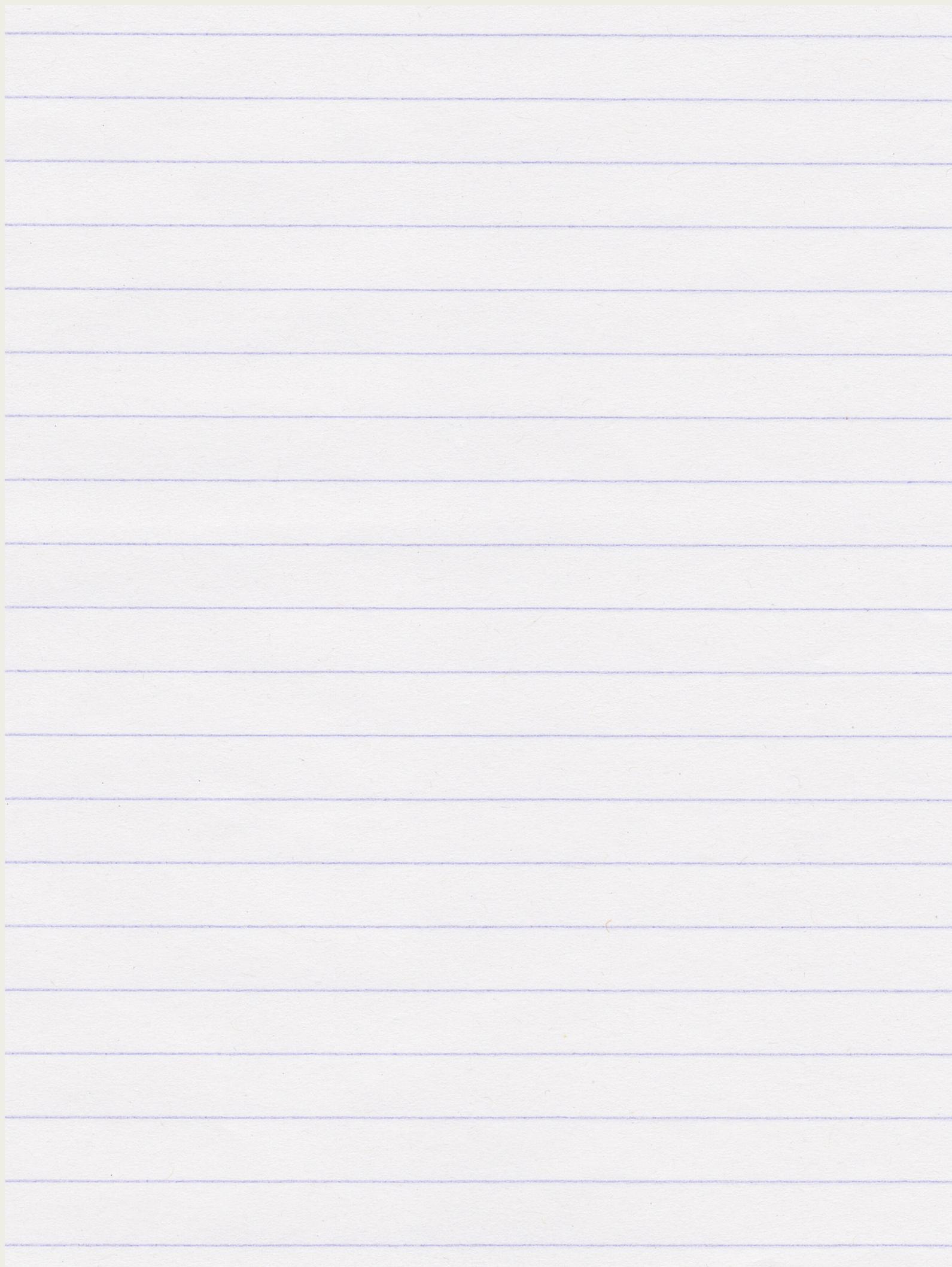
“That time  
I thought I could not  
go any closer to grief  
without dying  
I went closer,  
and I did not die.  
Surely God  
had his hand in this,  
as well as friends.  
Still, I was bent,  
and my laughter,  
as the poet said,  
was nowhere to be found.  
Then said my friend Daniel,  
(brave even among lions),  
“It’s not the weight you carry  
but how you carry it -  
books, bricks, grief -  
it’s all in the way  
you embrace it, balance it, carry it  
when you cannot, and would not,  
put it down.”  
So I went practicing.  
Have you noticed?  
Have you heard  
the laughter  
that comes, now and again,  
out of my startled mouth?  
How I linger  
to admire, admire, admire  
the things of this world  
that are kind, and maybe  
also troubled -  
roses in the wind,  
the sea geese on the steep waves,  
a love  
to which there is no reply?”  
— Mary Oliver





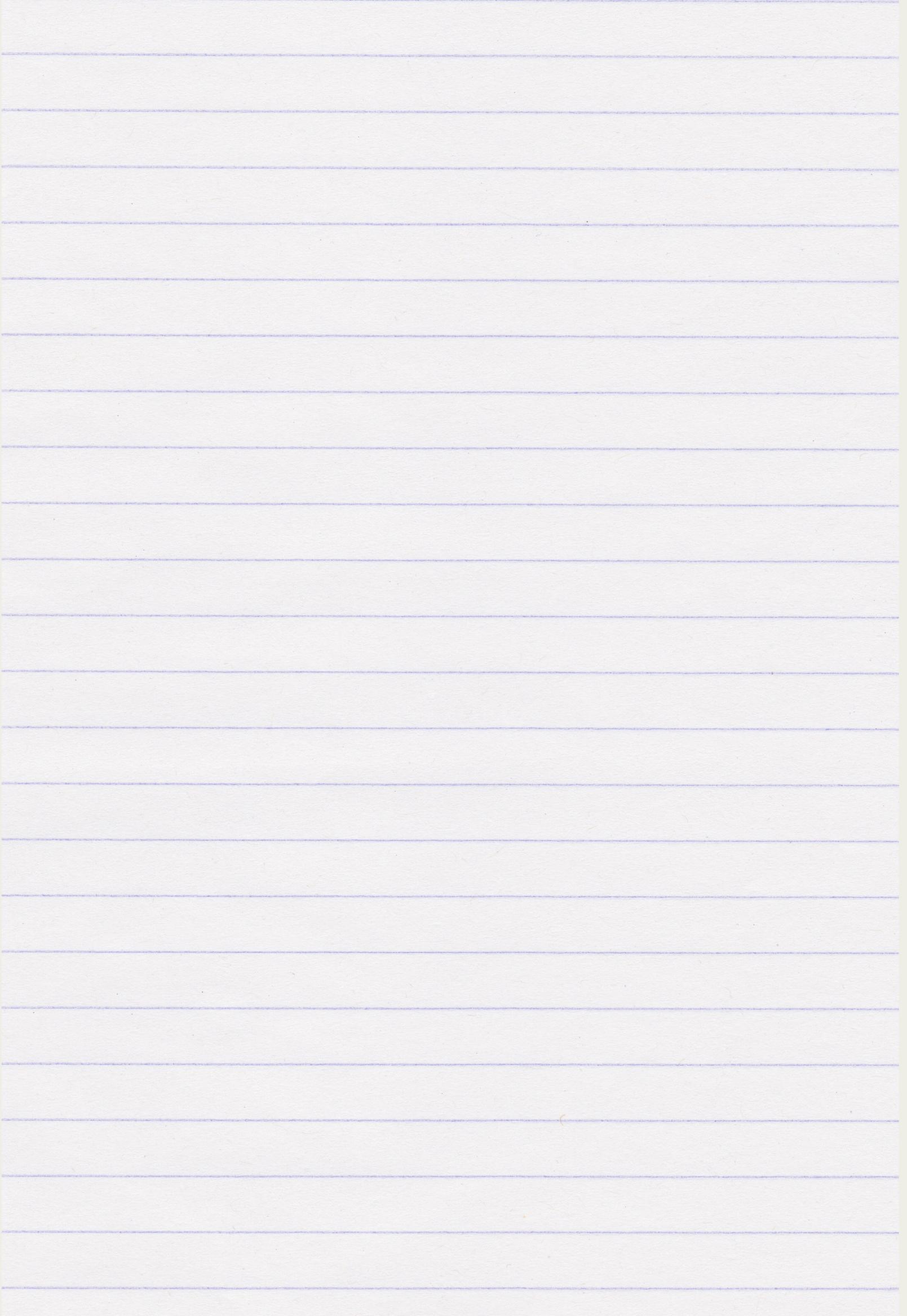
“All his life he would hold this moment as exemplary of what love was. It was not wanting anything more, nor was it expecting people to exceed what they had just accomplished; it was simply feeling so complete.”

— John Irving





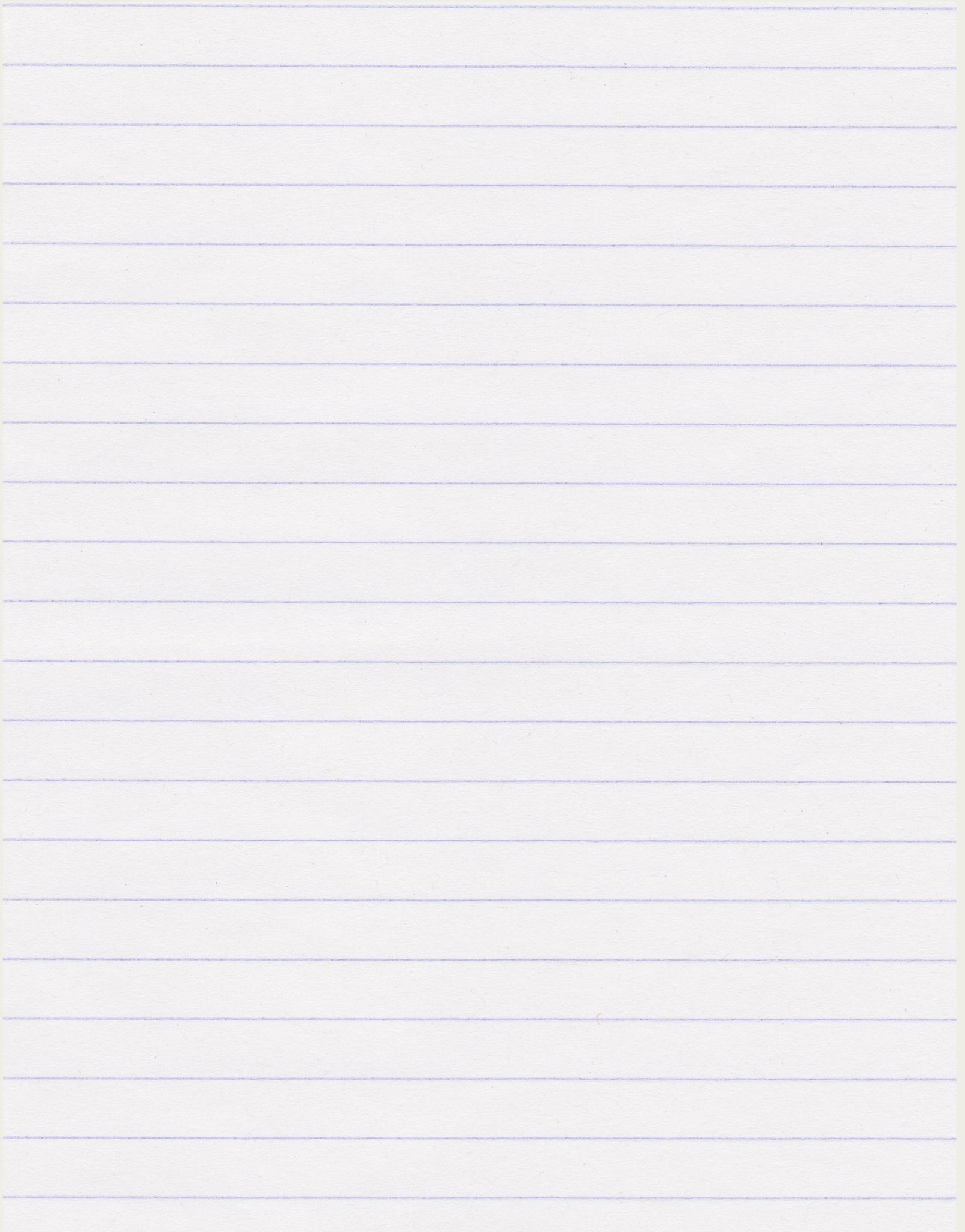
“Peace is always beautiful.”  
— Walt Whitman





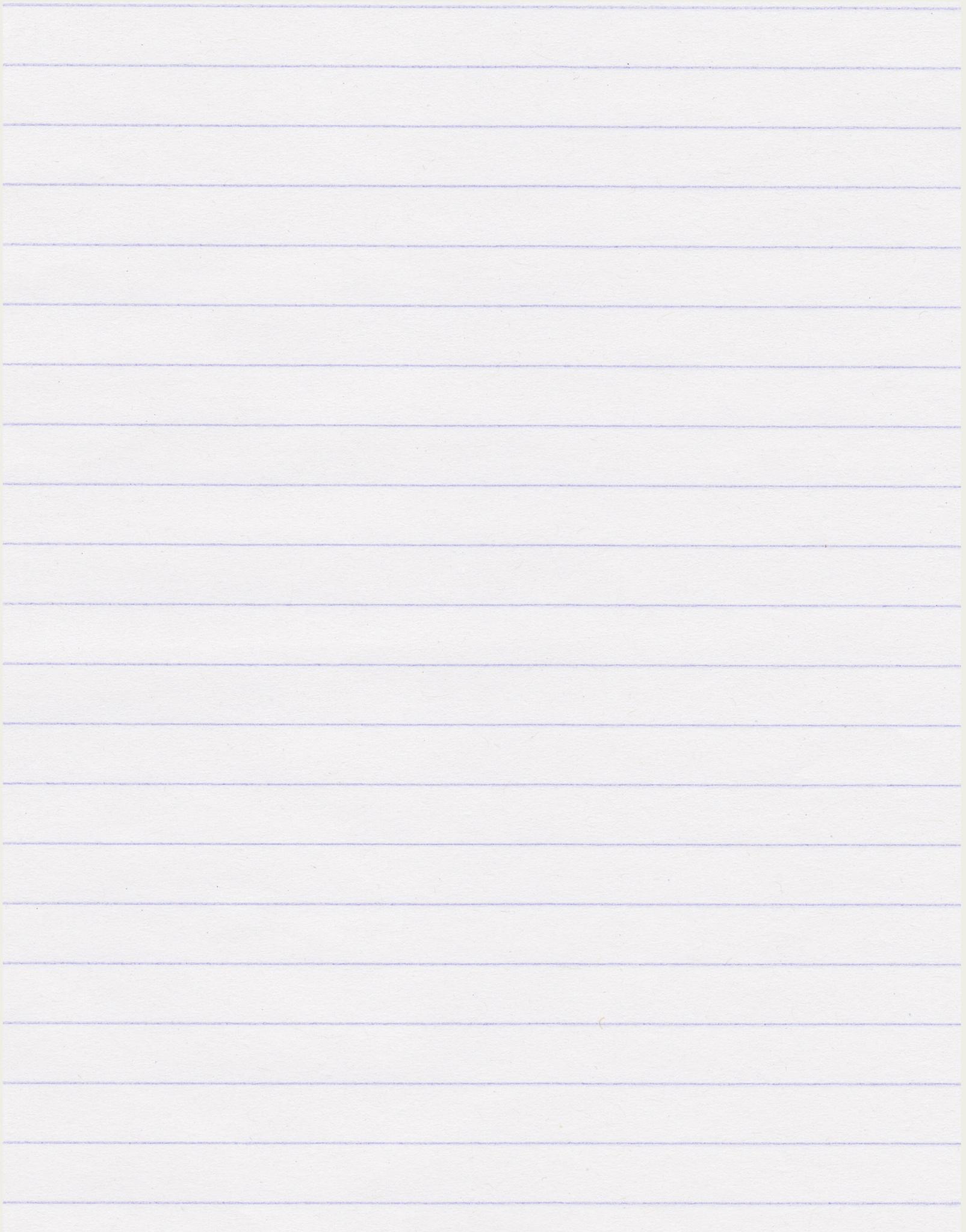
“Bereavement is not the truncation of married love,” C. S. Lewis wrote, “but one of its regular phases—like the honeymoon.”

— Paul Kalanithi



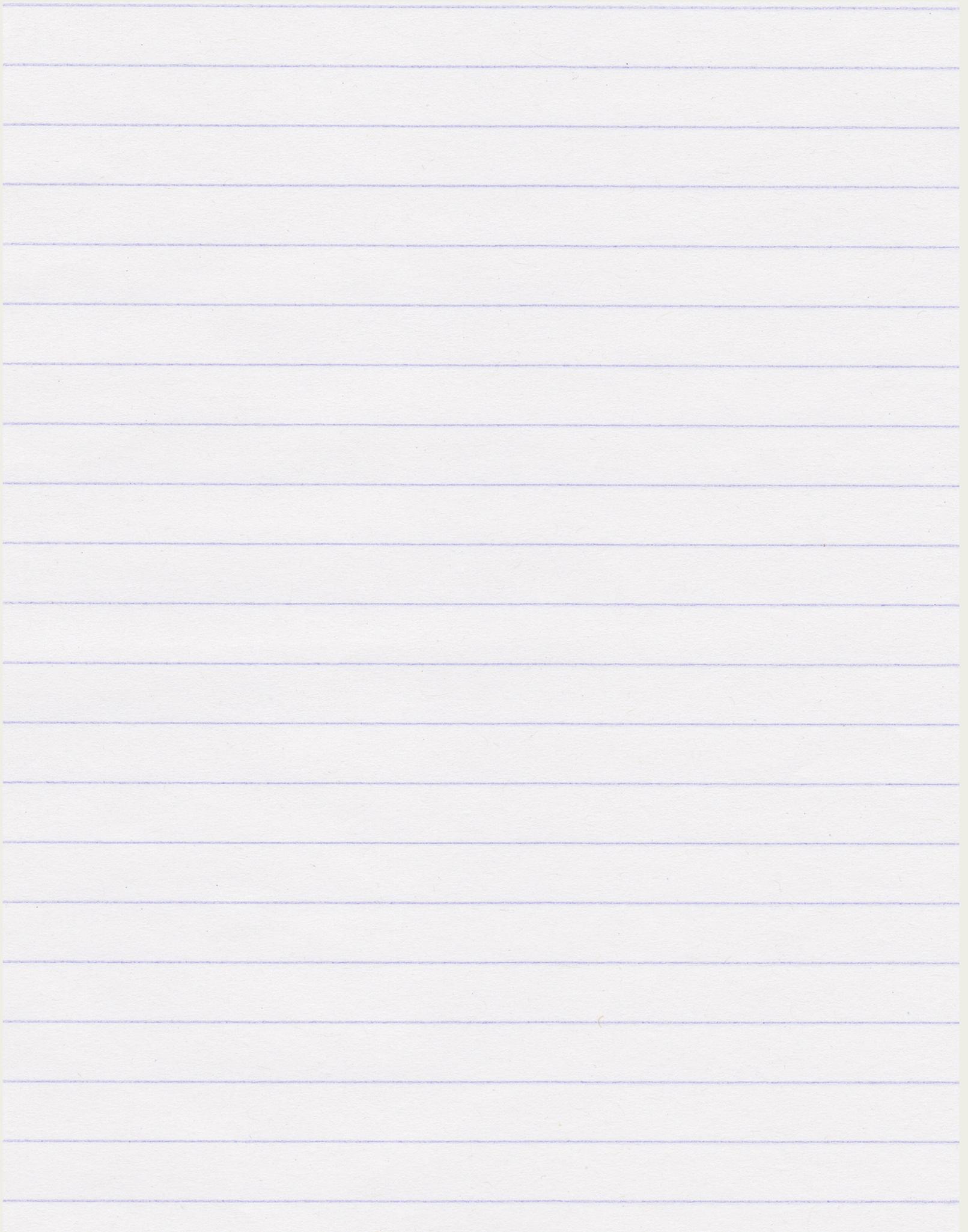


“Grief is different. Grief has no distance. Grief comes in waves, paroxysms, sudden apprehensions that weaken the knees and blind the eyes and obliterate the dailiness of life.”  
— Joan Didion



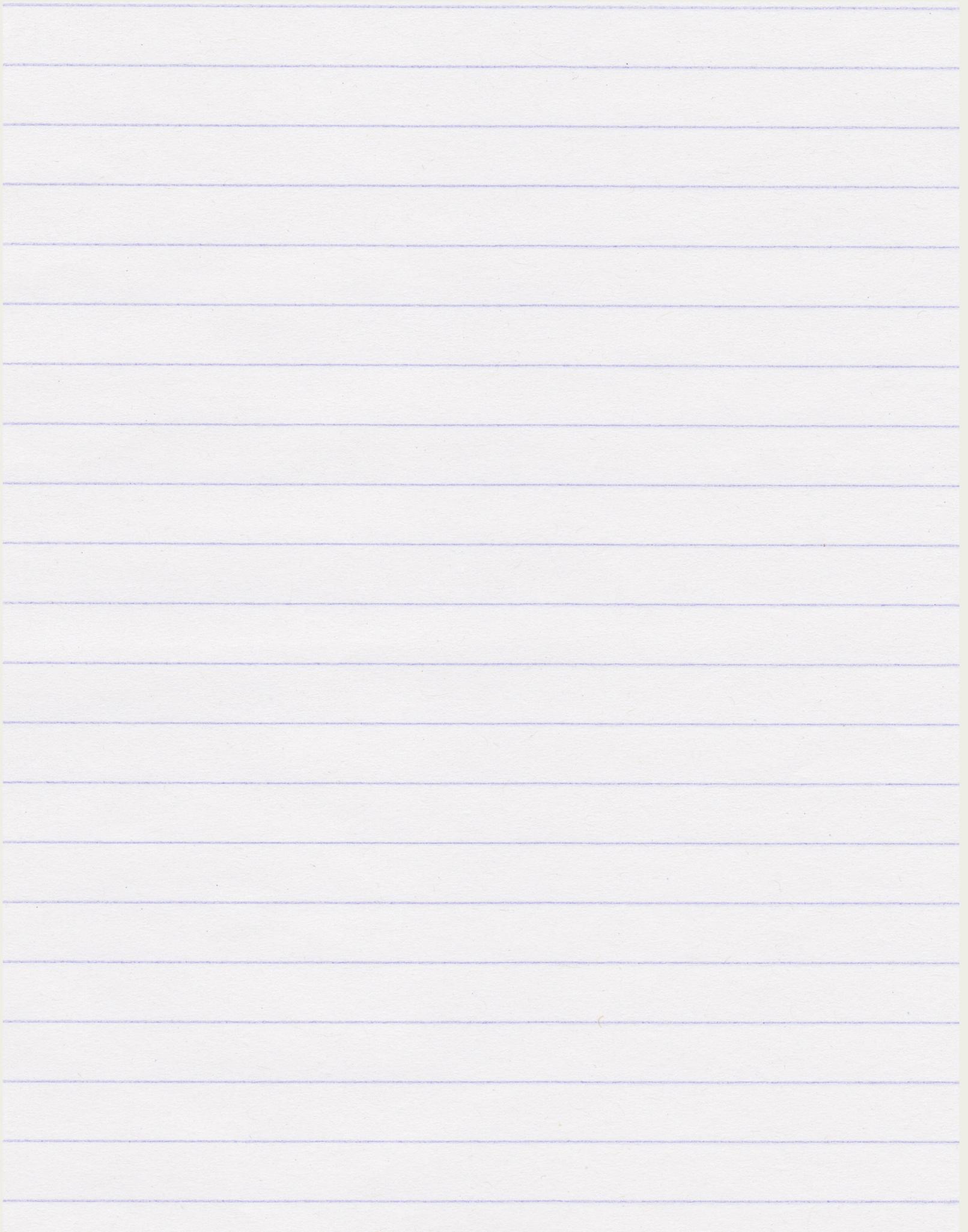


“ When someone is in your heart, they’re never truly gone. They can come back to you, even at unlikely times.” - Mitch Albom



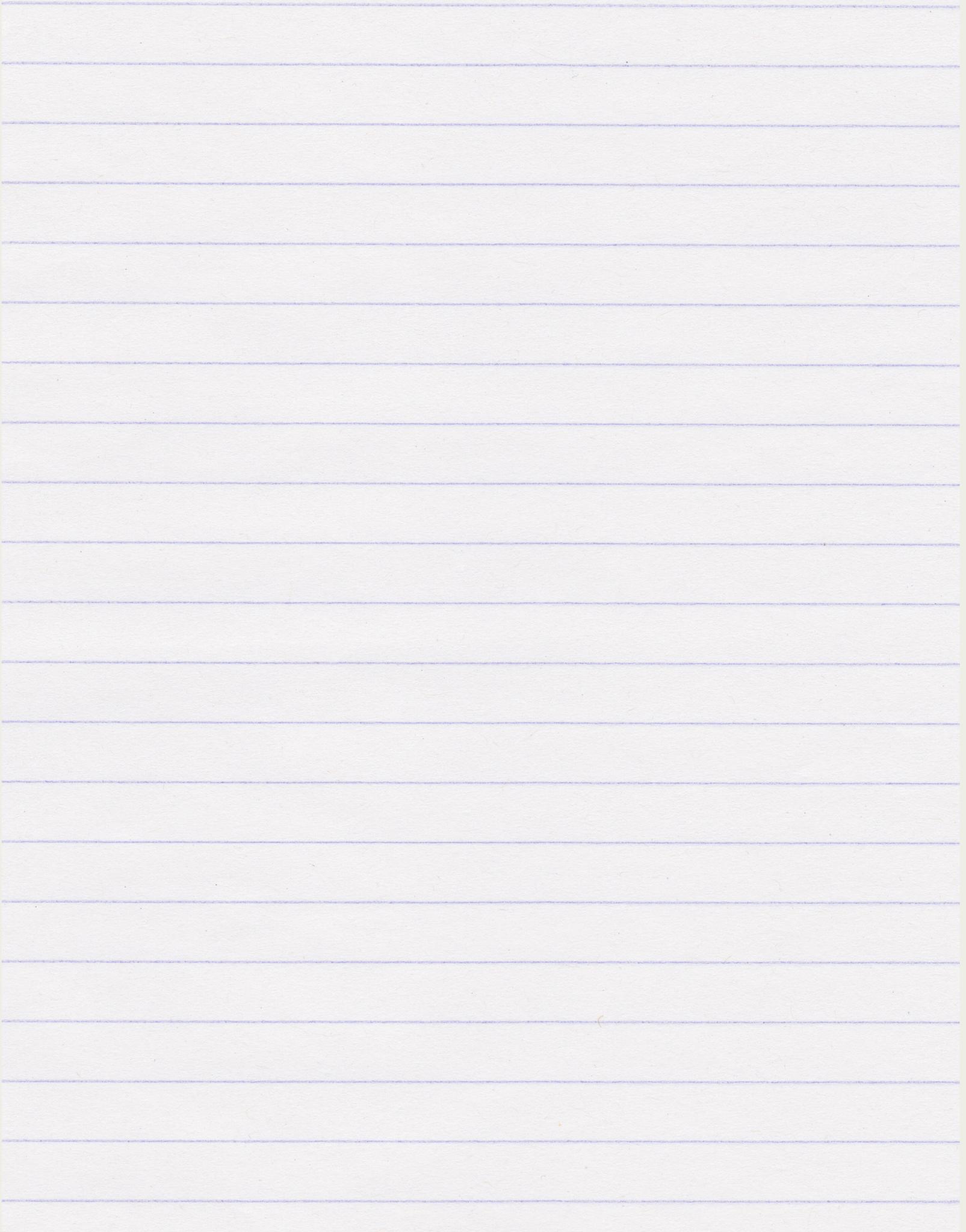


“ When someone is in your heart, they’re never truly gone. They can come back to you, even at unlikely times.” - Mitch Albom



Nature's first green is gold,  
Her hardest hue to hold.  
Her early leaf's a flower,  
But only so an hour.  
Then leaf subsides to leaf.  
So Eden sank to grief.  
So dawn goes down to day.  
Nothing gold can stay.

- Robert Frost





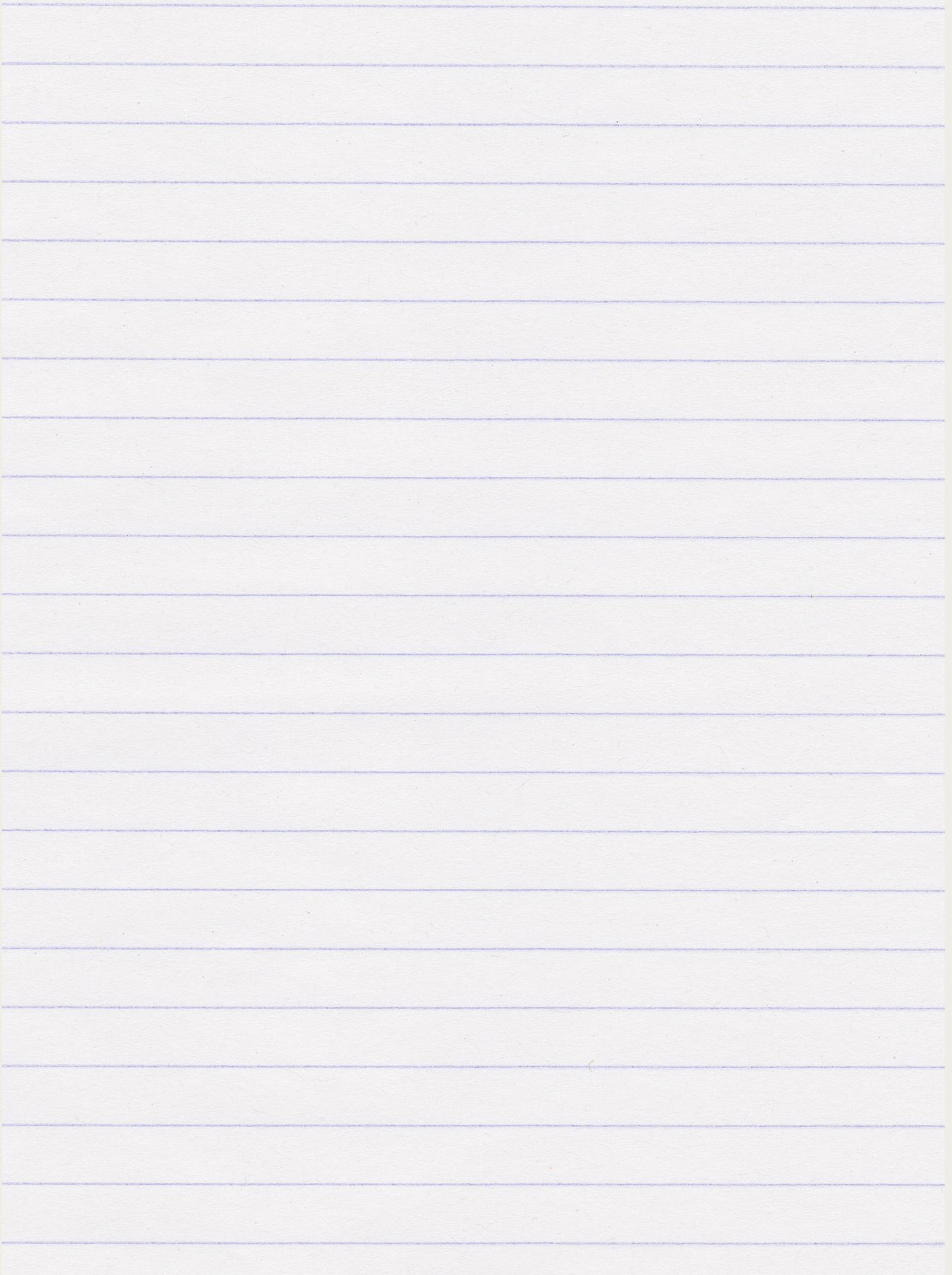
“ The reality is that you will grieve forever . You will not ‘ get over ’ the loss of a loved one ; you will learn to live with it . You will heal and you will rebuild yourself around the loss you have suffered . You will be whole again but you will never be the same . Nor should you be the same nor would you want to .”

Elisabeth Kübler- Ross and David Kessler

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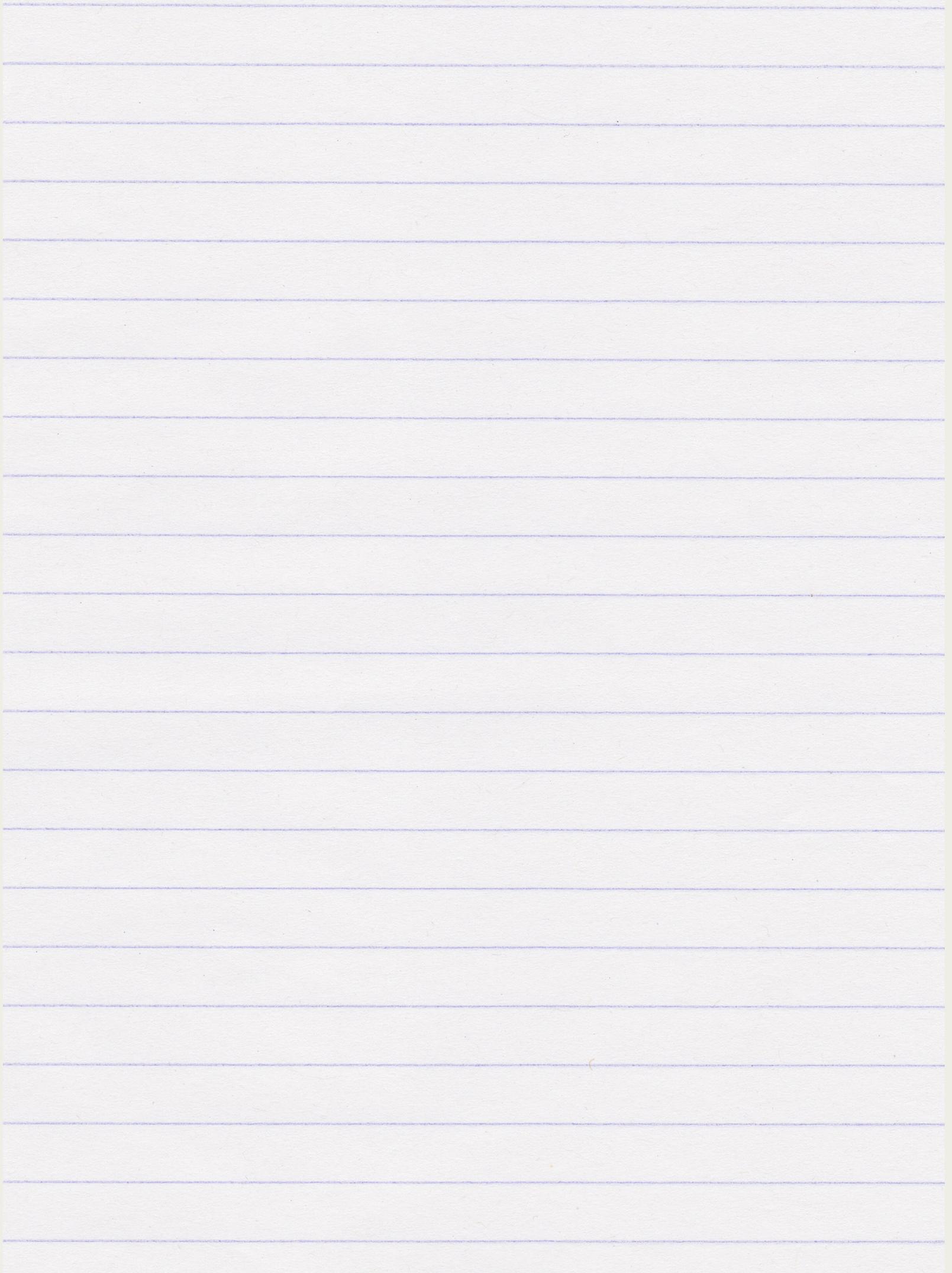
“ What we have once enjoyed deeply we can never lose . All that we love deeply becomes a part of us . ” -Helen Keller





“And that is just the point...how the world, moist and beautiful, calls to each of us to make a new and serious response. That’s the big question, the one the world throws at you every morning. ‘Here you are, alive. Would you like to make a comment?’ ”

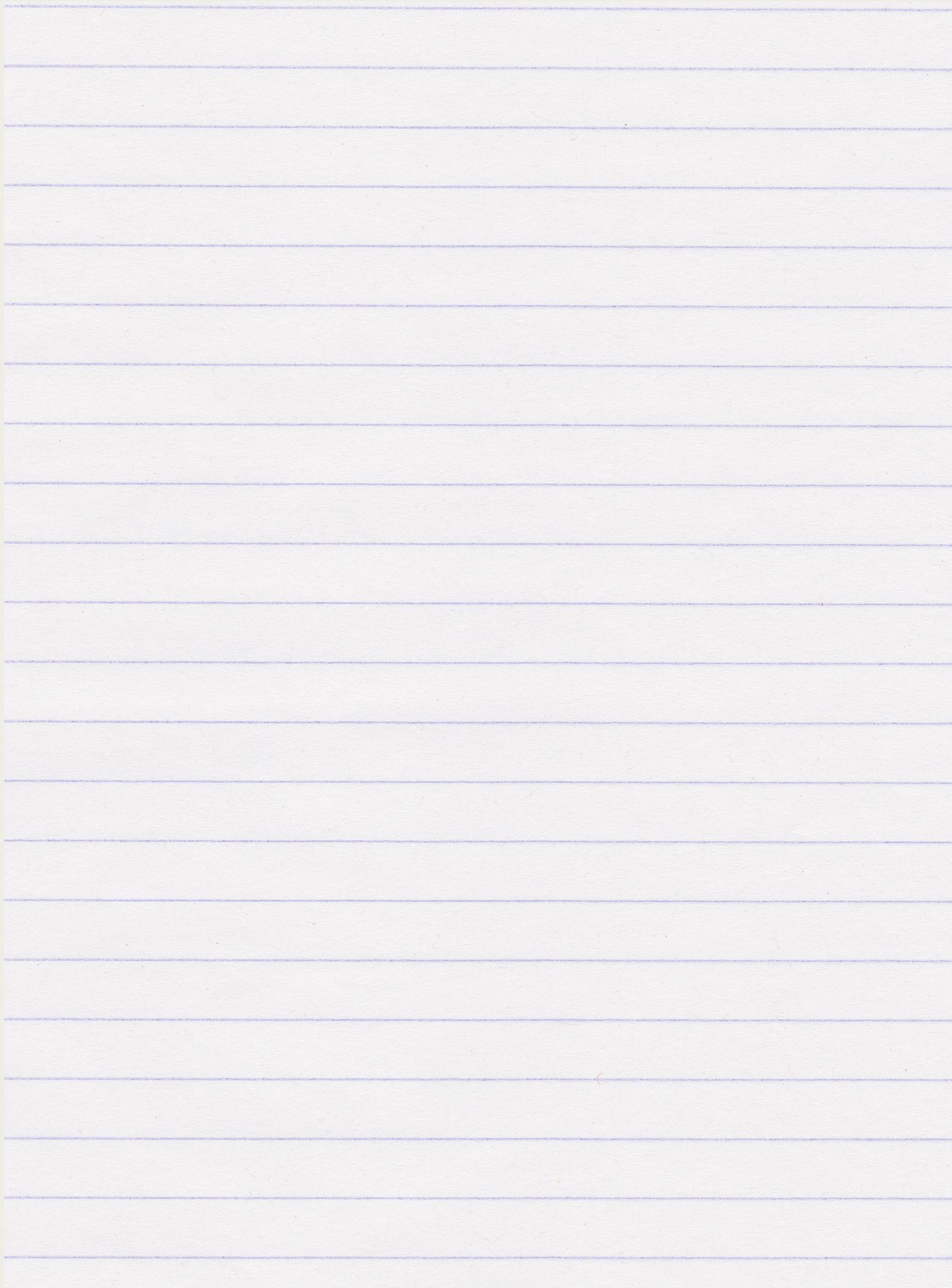
- Mary Oliver





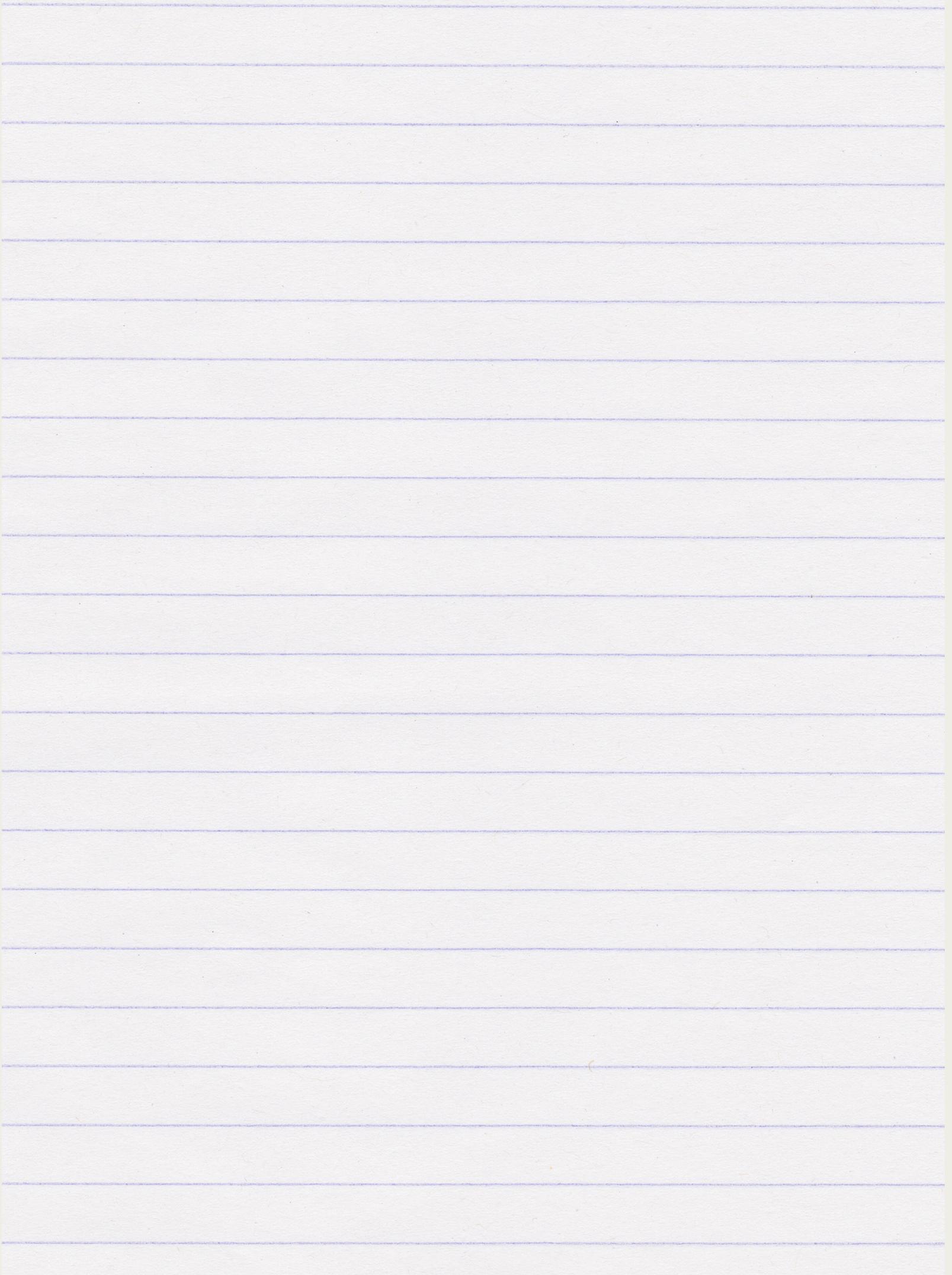
“Time does not bring relief; you all have lied. Who told me time would ease me of my pain?”

-Edna St. Vincent Millay



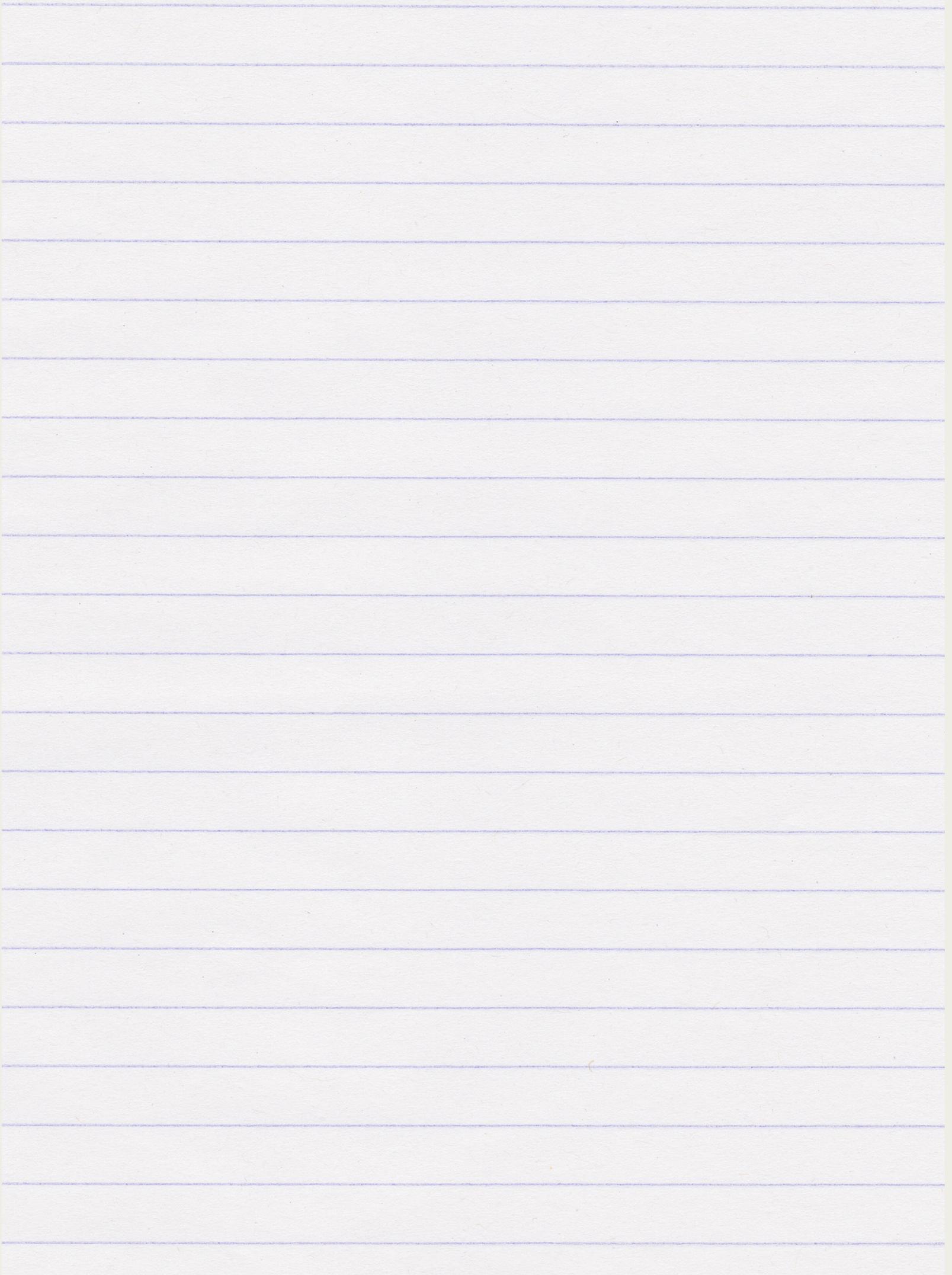


“I’m tired of being enclosed here. I’m wearying to escape into that glorious world , and to be always there : not seeing it dimly through tears... but really with it, and in it.” - Emily Brontë





“I managed to look like a normal person. I walked the street; I answered my phone; I brushed my teeth, most of the time. But I was not OK. I was in grief. Nothing seemed important. Daily tasks were exhausting... At one point I did not wash my hair for ten days.” -Meghan O'Rourke



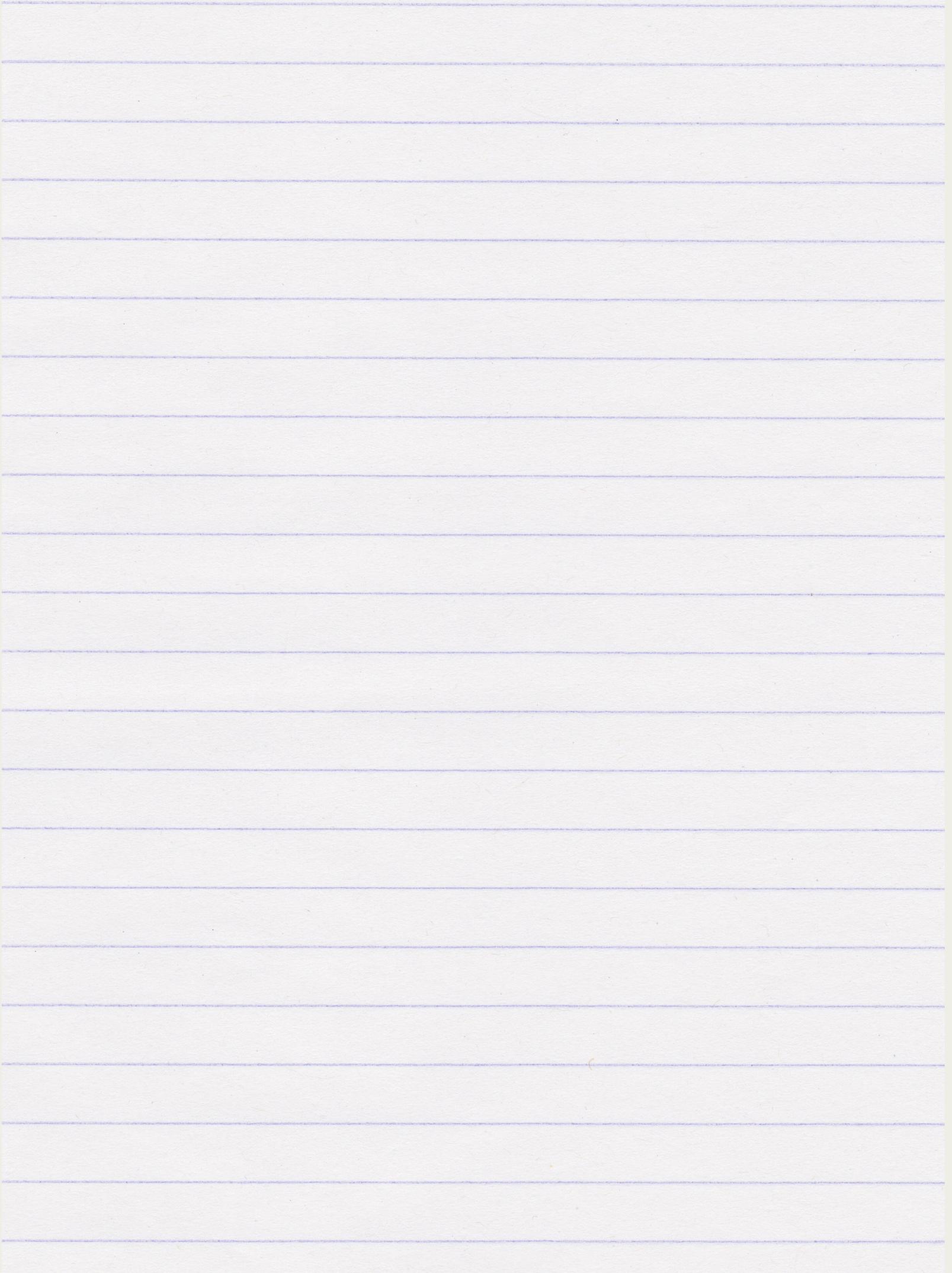


“We usually know more about suppressing anger than feeling it . . . Find ways to get it out without hurting yourself or someone else . . . Do not bottle up anger inside . Instead , explore it . The anger is just another indication of the intensity of your love .” - Elisabeth Kübler- Ross and David Kessler

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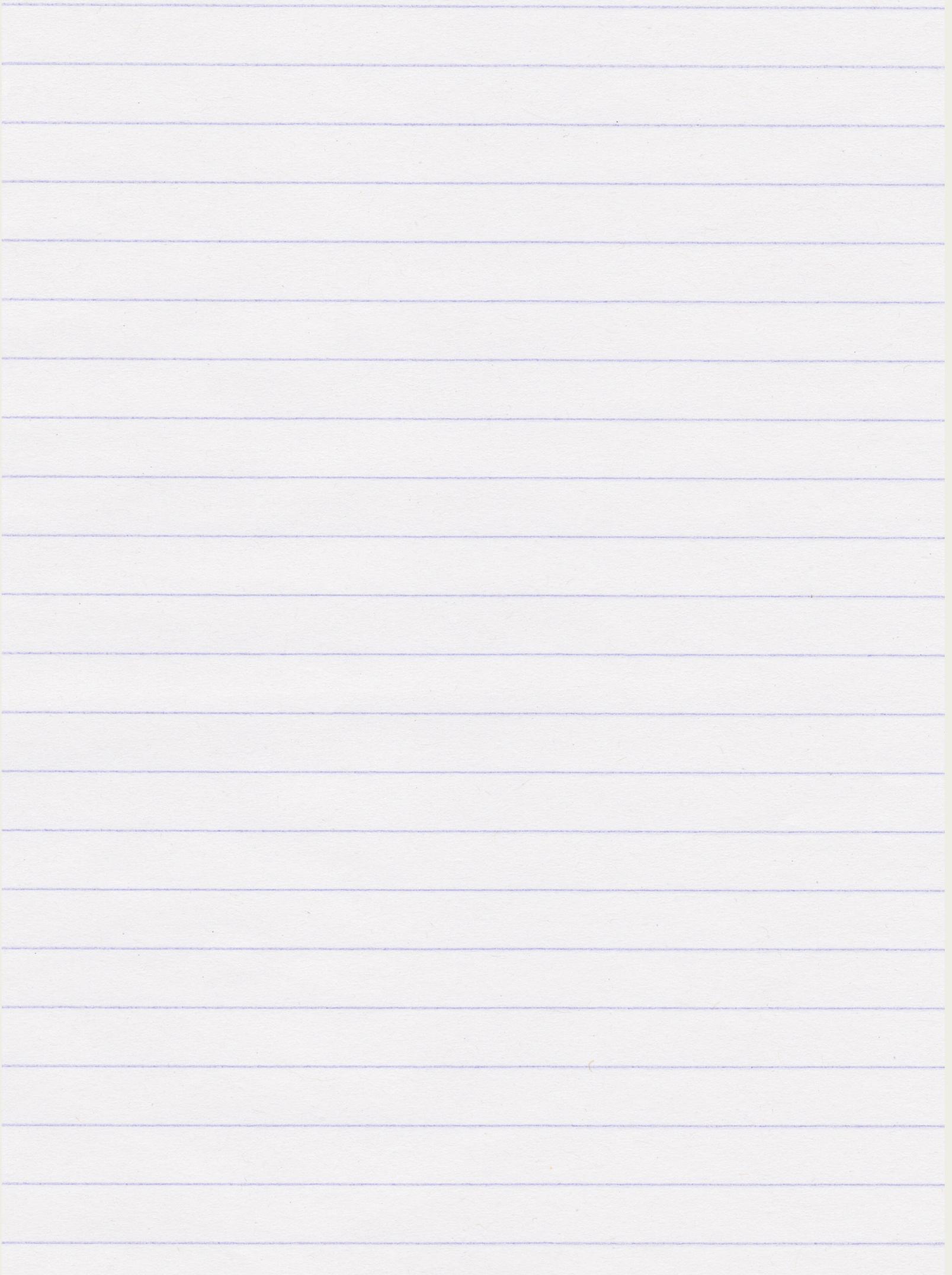


“I discover that grief means living with someone who is not there.”  
- Jeanette Winterson



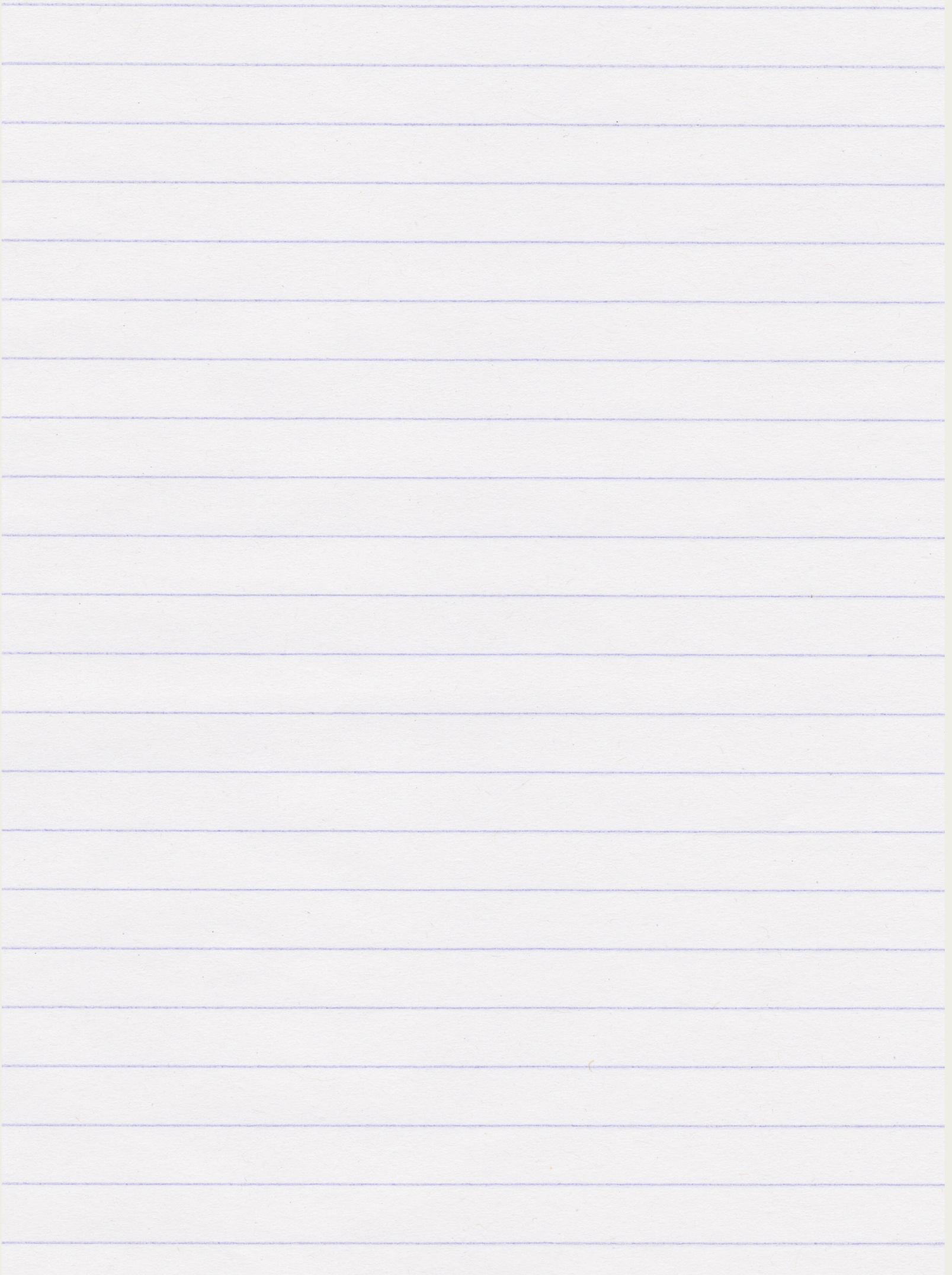


“It is possible to be angry with someone who has died . It is possible to hate yourself for being angry with someone who has died . . .” - Anita Shreve





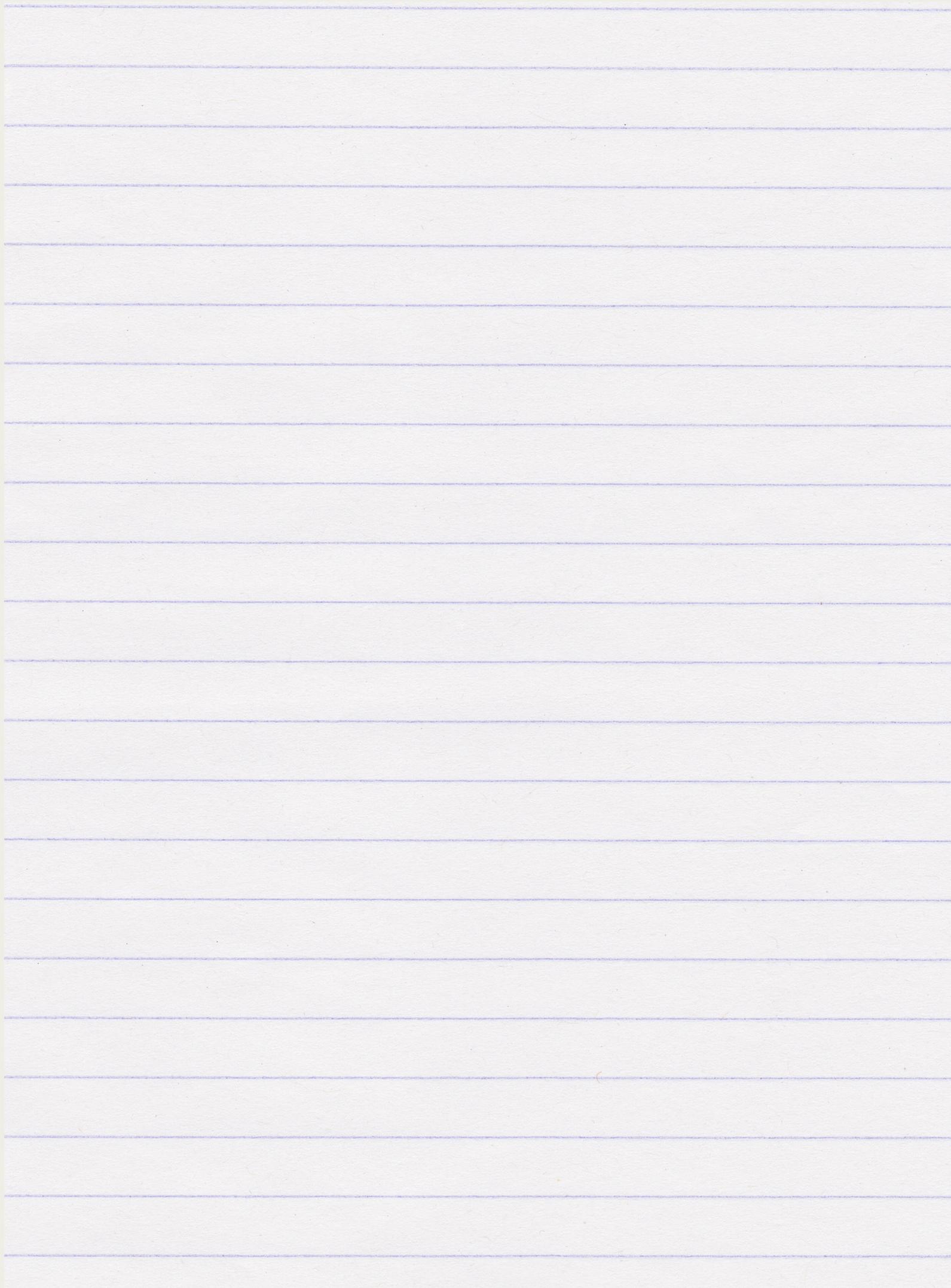
“She wondered that hope was so much harder than despair .” - Patricia Briggs





“And once the storm is over you won’t remember how you made it through, how you managed to survive. You won’t even be sure, whether the storm is really over. But one thing is certain. When you come out of the storm you won’t be the same person who walked in.”

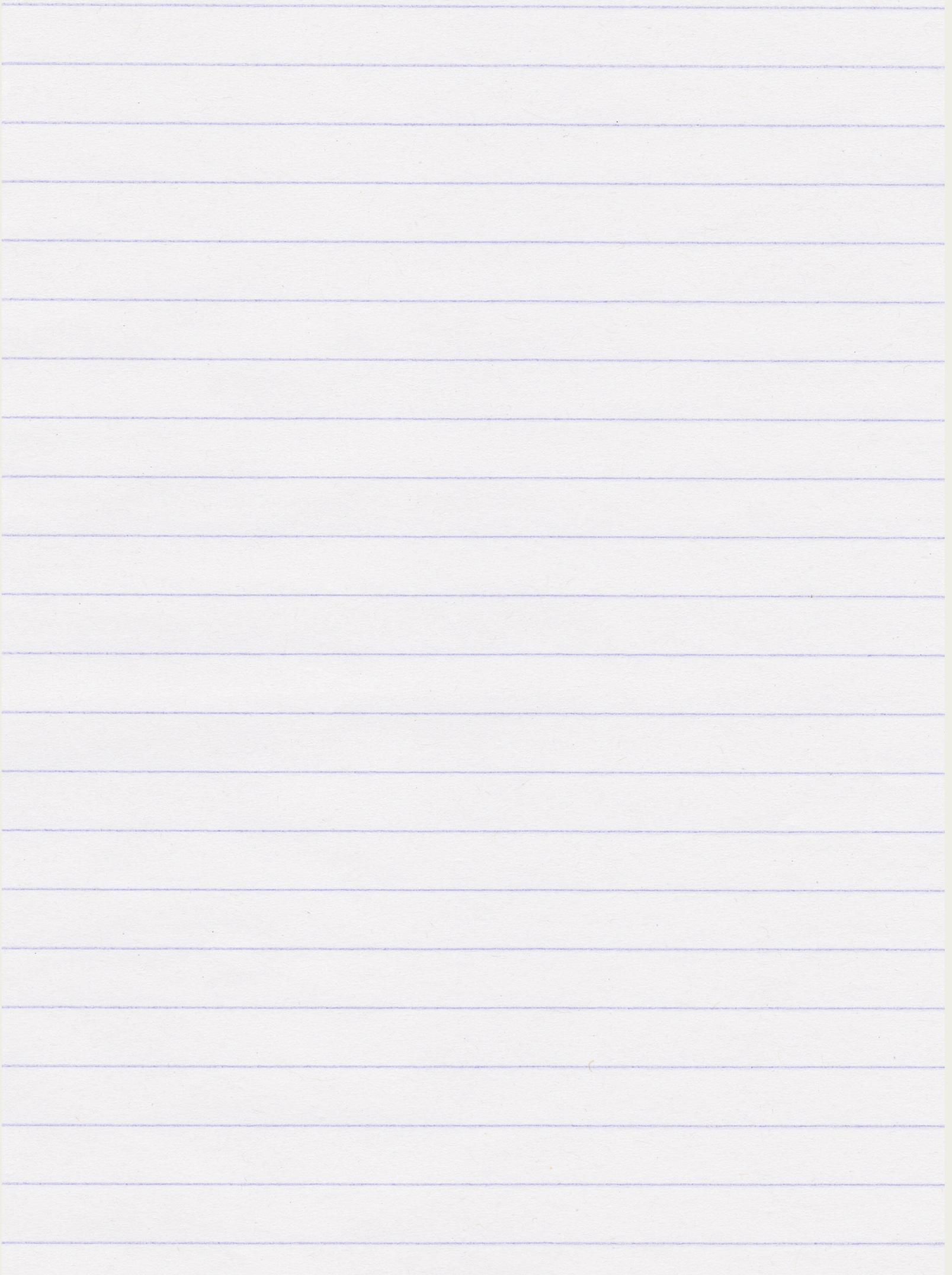
- Haruki Murakami





“Every morning , I wake up and forget just for a second that it happened . But once my eyes open , it buries me like a landslide of sharp, sad rocks. I’m heavy, like there’s too much gravity on my heart.”

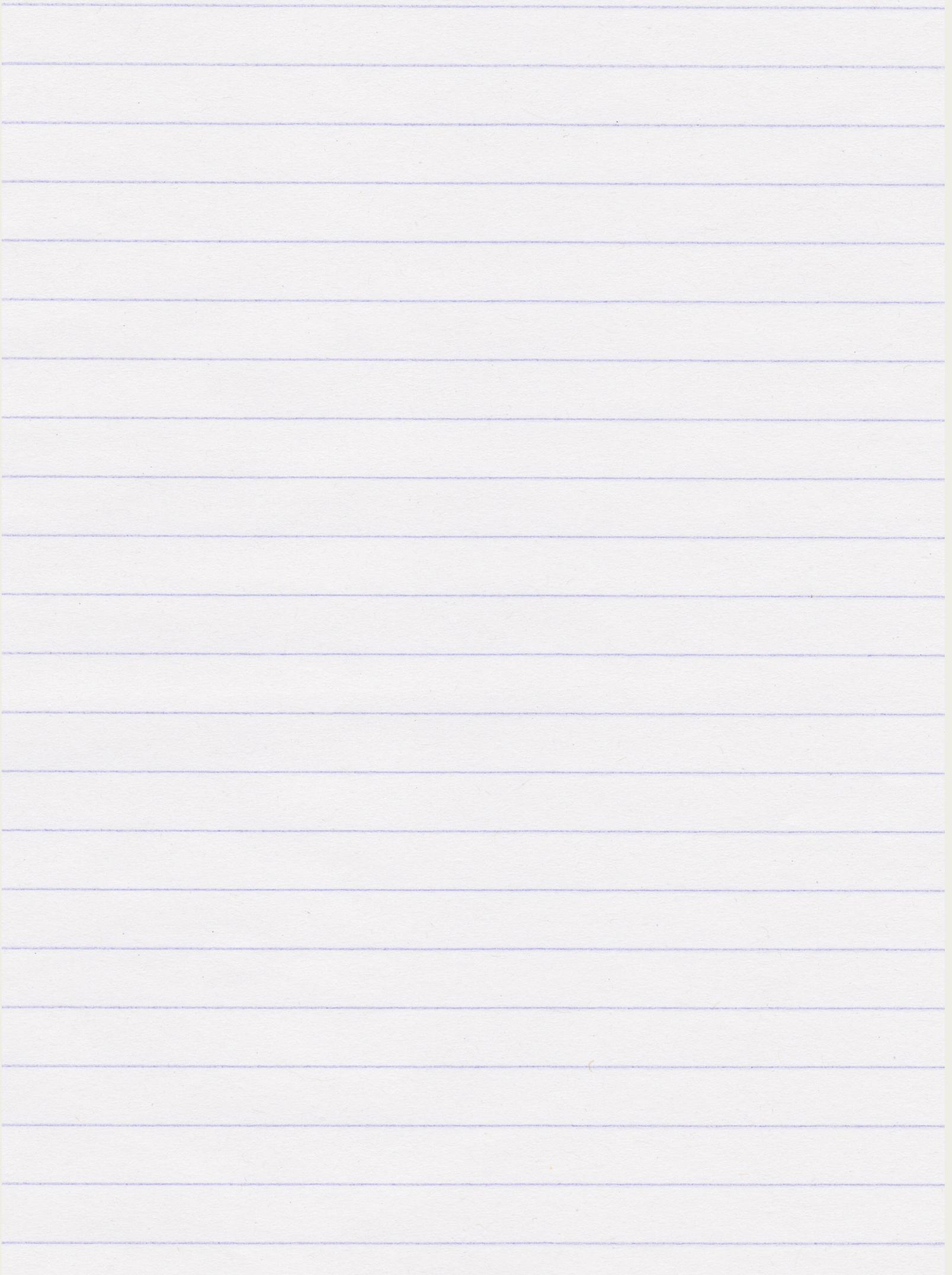
- Sarah Ockler





“All of life like a series of tableaux , and in the living we missed so much , hid so much, left so much undone and unsaid.”

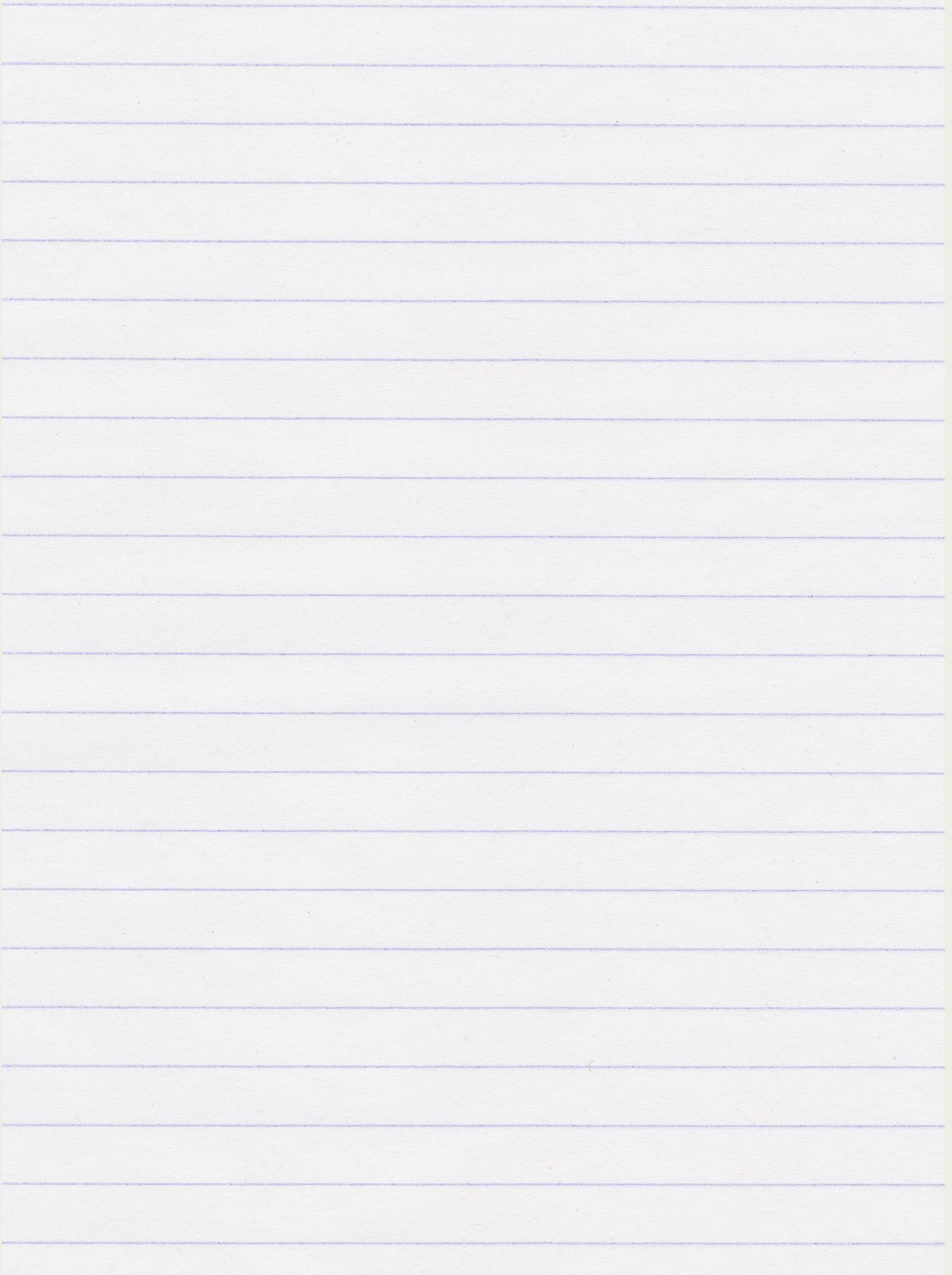
- Anna Quindlen





“Hope is not logical. It always comes as a surprise, just when you think all hope is lost. Hope is the cousin to grief , and both take time: you can’t short-circuit grief, or emptiness, and you can’t patch it up... You have to take the next right action.”

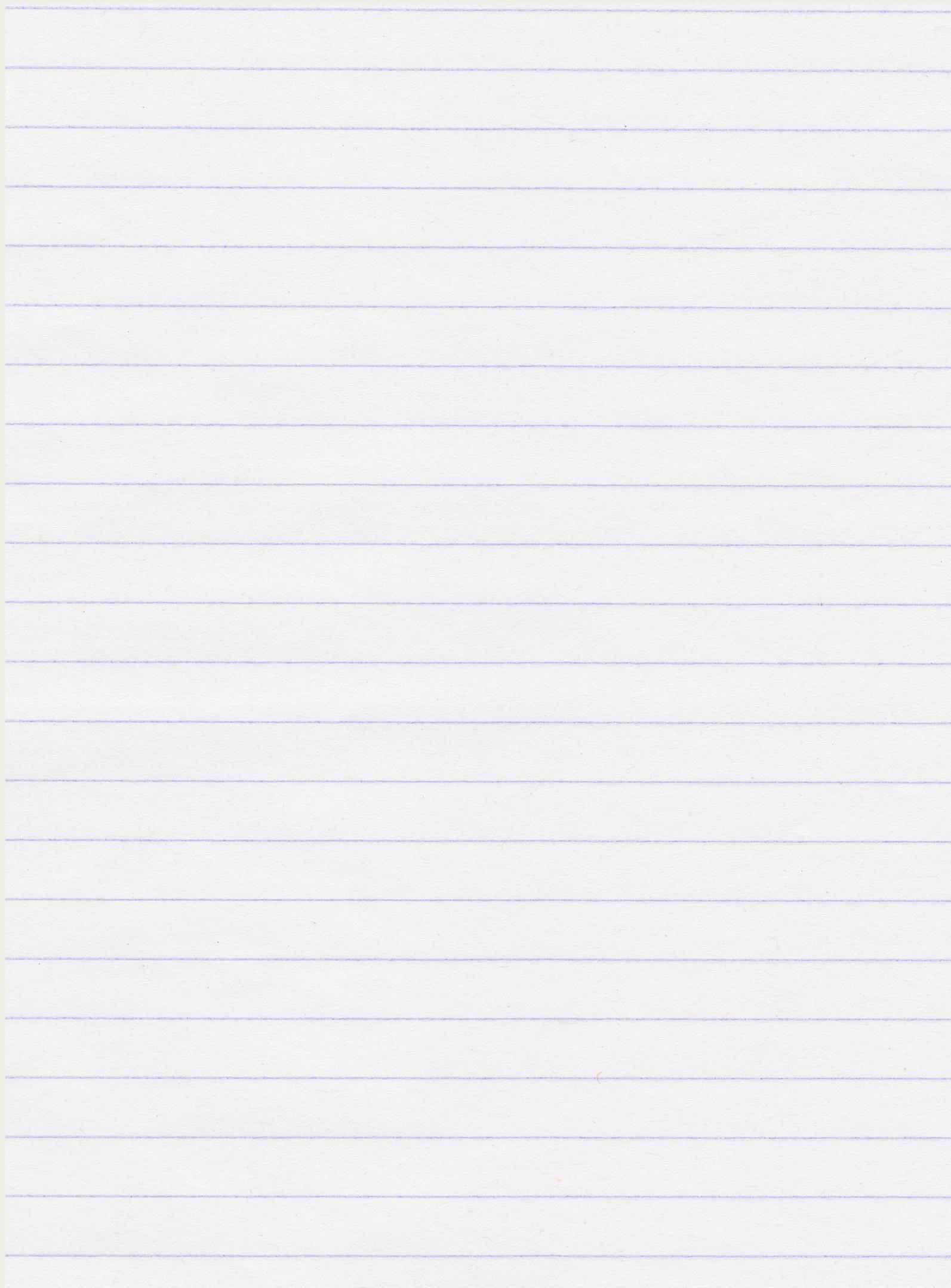
- Anne La Motte





“Perhaps,” said the man, “You would like to be lost with us. I have found it much more agreeable to be lost in the company of others.”

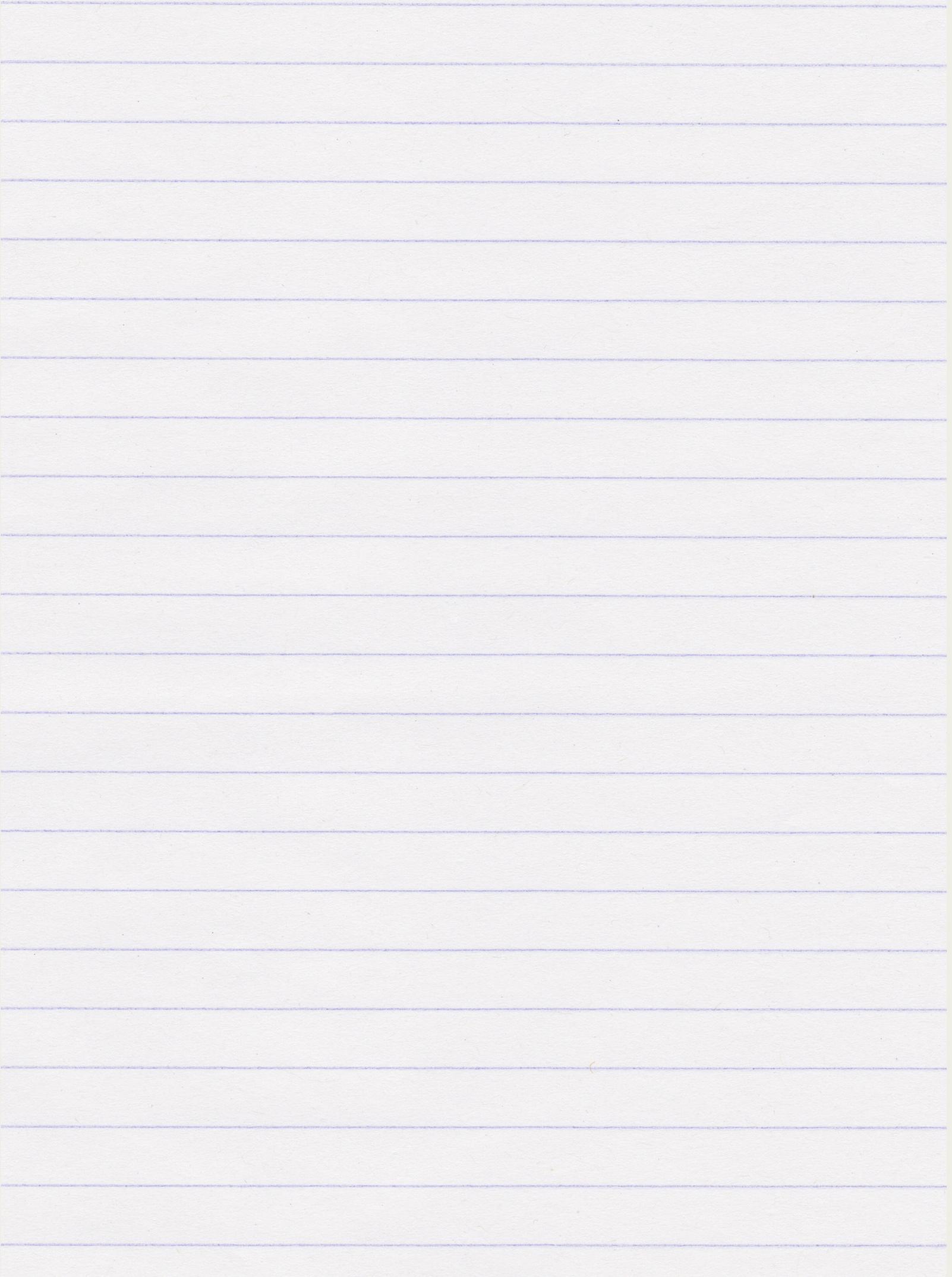
- Kate DiCamillo





“When we lose people we love , we don’t mourn the past  
— we mourn un - lived tomorrows . We mourn the loss of  
people who knew us thoroughly and loved us anyway ,  
and future memories that will never be made.”

- James Russell Lingerfelt





On these final pages of this journal we invite you to consider your journey as you've kept this grief journal. Consider writing an afterward or author's note to yourself to close these pages and this chapter. Thank you so much for experiencing this process with us. We would love to hear about your thoughts and experience.

Email us at [info@grief.com](mailto:info@grief.com)

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