

Grief Journaling Exercise

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- *I'm grieving the loss of...*
- *The most difficult time of day is...*
- *I especially miss...*
- *My favourite memory is...*
- *My support system includes...*
- *I wish my friends would say or do...*
- *It is hurtful when people...*
- *It is helpful when people...*
- *The things that help me most right now are...*
- *When I'm alone. I...*
- *I will lean on...*

#MyGriefJourney