

Journaling has been proven to be an excellent way to do the work of mourning. Journaling is private and independent, yet, still it is still expressing your grief outside of yourself.

**Please see the following:**

Lately, I have been feeling…..

You inspire me to….

I’ve been really struggling with….

One thing I promise to do for you….

I feel close to you when….

I love the signs you have sent to me…..

You played many rolls in my life…

I want to tell you…

In these ways, you contributed to making me who am today….

We faced our share of crisis…

We shared disappointments…

When I see \_\_\_\_\_\_ I think of you right away…

You made me laugh when…

I’m most proud of you for…

The toughest decisions I’ve had to make…

My support system is…

In your memory, I have developed (or will) the following rituals which help me feel close to you…

Companion Through Grief, LLC