



KEEPING A GRIEF JOURNAL

Get yourself a stenographer's notebook, a diary, a lined journal, or some other notebook. Nothing else goes in this book ... it is a record of your journey through grief. Keeping a journal such as this, allows you to look back and see the change and progress you have made, when weeks and months down the road you get hit with the thought that nothing is getting better and that this pain will never end.

It is a tool to remind you what has been helpful to you already, when you get a day where you can't think of what to do next. In the beginning, this journal may seem like it is just highlighting your pain and does not bring much comfort. The comfort and importance you find in the journal will become evident with time. The journal will help you stay in charge of your grief rather than your grief taking control of you.

Leave a line or two between entries and be sure to record the time and date of each entry. The following are some suggested things to include in your journal:

- A significant event that happened today
- The person who was most important to me today
- Something I found helpful today
- Changes I observe happening to me
- My plans for tomorrow
- Notes to myself

The best time to write in this journal is in the evening at least an hour or so before bedtime. Often evenings are the hardest time. This is the time that loneliness and despair can sink in. By writing and focusing on the changes and the things that have been helpful, you can actually take charge of your grief.

Some people find that writing about their pain, their confusion, fears and frustration helps ease the intensity. If you want to include this type of writing divide your daily entry into two sections. The first section is where you write your feelings, thoughts and fears.

Do not worry about punctuation, spelling or grammar, just write. Get out all that you can; when you find yourself running out of things to write, stop.



The second section is more structured and includes the things suggested above. It focuses on events, people, progress and change, things that are helpful and what you are going to do next. It is important to follow this order. By doing the 'feeling' writing first and the 'thinking' writing second you will gain a better sense of control over your grief and be more grounded and in a better frame of mind for going to sleep.

Courtesy Prince George Hospice Society



MY FEELINGS LIST

Glad	Sad	Mad	Scared
Calm	Ashamed	Aggravated	Afraid
Caring	Blue	Angry	Anxious
Cheerful	Bored	Annoyed	Apprehensive
Comfortable	Depressed	Bitchy	Cautious
Confident	Devastated	Bitter	Concerned
Ecstatic	Disappointed	Disapproving	Confused
Encouraged	Discouraged	Disgusted	Distrustful
Excited	Down (in the dumps)	Enraged	Fearful
Fortunate	Embarrassed	Exasperated	Freaked out
Fulfilled	Exhausted	Frustrated	Frightened
Glad	Gloomy	Furious	Haunted
Happy	Guilty	Growly	Horried
Joyful	Helpless	Grumpy	Insecure
Loving	Hopeless	Hateful	Nervous
Mischievous	Hurt	Irritated	Panicky
Passionate	Lonely	Mad	Restless
Pleased	Regretful	Offended	Scared
Overjoyed	Rueful	Pissed off	Shocked
Relieved	Sad	Resentful	Shy
Satisfied	Tired	Snarly	Terrified
Thrilled	Unhappy	Ticked off	Uncertain
Vibrant			
Vivacious			

Miscellaneous: Jealous, Tense, Bewildered, Surprised, Weird, Disconnected, And Envious **Please add any others you can think of.**

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