North Iowa Hospice - Youth Grief Worksheet #5

As you process your feelings and thoughts, you may choose to “journal” to help work through the confusion and pain of grief. Journaling is a very healthy way to let out the feelings, memories and thoughts we sometimes keep inside as we grieve. Some suggestions for journaling are:

- Write a letter to the person who died, or to a special person in your life, telling them about the death of your loved one.
- Remember special thoughts and times together with your loved one.
- Remember not so special thoughts and times with your loved one.
- Draw or write poetry.

Try these sentences to help you think when starting to journal:

- Today I feel ________________________________________________________ ___________
- I wish I had told you ____________________________________________________________.
- What I miss or don’t miss about you is _________________________________________
- Something new I experienced today ________________________________________________
- The latest with friends or family is ________________________________________________
- I remember when ______________________________________________________________
- I would feel better if I could ______________________________________________________
- When I think about your death, one thing that still bothers me is ______________________
- When I let my feelings out, I _____________________________________________________
- Good thing(s) that happened to me today is _________________________________________

There is no right or wrong way to journal your thoughts and feelings. Your journal can be private, or you can choose to share it with someone you trust.

Please contact North Iowa Hospice to talk with one of our bereavement coordinators to help you cope with your grief. Remember you are not alone.