

# Weekly Grief Journal

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In order to see how you are dealing with your grief, it is helpful to keep a record of your feelings.

Keep this weekly journal for several weeks. At the end of each week, look for patterns.

Weekly Journal:

Monday: \_\_\_\_\_

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Tuesday: \_\_\_\_\_

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Wednesday: \_\_\_\_\_

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Thursday: \_\_\_\_\_

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Friday: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Saturday: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Sunday: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Patterns:

What patterns do you see? For instance, are you taking good care of yourself? Are you being too hard on yourself? Are you being consistent about your feelings? Are you getting stronger?

Write down your thoughts after two weeks:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Write down your thoughts after a month:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_