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Week 1: Acknowledging the Loss

1. The moment I learned they were gone, I felt...

[Write entry here]

2. One memory I replay on loop is...

[Write entry here]

3. If I could say one unsaid thing to them right now, it would be...

[Write entry here]

4. The hardest time of day without them is...

[Write entry here]

5. One physical object that still carries their presence is...

[Write entry here]

6. When I think of their voice, I hear them saying...

[Write entry here]

7. The first "first" without them that broke me was...

[Write entry here]



You've Taken the First Steps

You faced the hardest moments, gave voice to the unsaid, and held space for your truth. This week was brave. Honor it. Rest well.