

# How To Start Writing A Journal

## **Here's how to prepare yourself**

Firstly, buy yourself a journal or notepad and a pen or pencil that is comfortable and easy to write with unless you are typing with a keyboard.

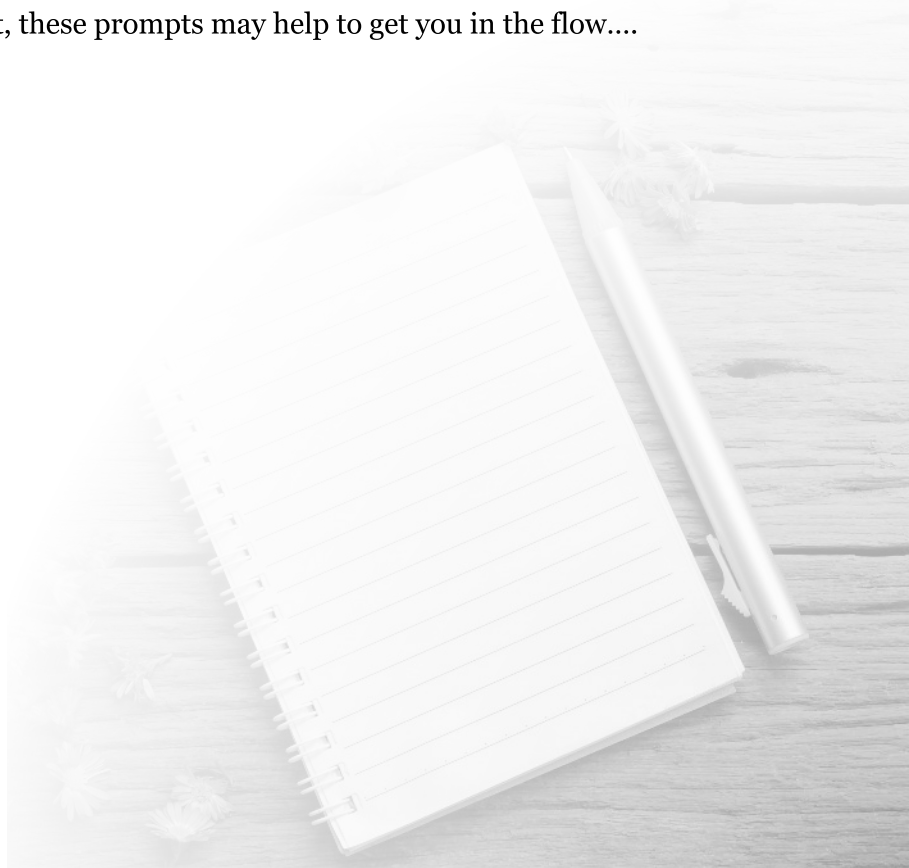
Give yourself time and space to write without any distractions so that you can give it your full attention.

A good way to prepare yourself for writing is to close your eyes, spend a few minutes just focusing on your breath to try and get into your body and out of your head.

Always bear in mind that grief journaling is not about writing perfectly, or holding back from how you feel, write it exactly as raw as it is. If something comes up that exposes a weakness or vulnerability which you may be hiding from everyone else, give yourself permission to dive right in to it. This is your safe, private place and you don't need to share your journal with anyone else. Try not to focus on using polite language, correct spelling, punctuation and grammar, or correcting what you've written. Aim just to let the words flow as you write, don't pause to re-read it straightaway, you can always add to it later ... allow it to be an outpouring without judgement of any kind. Keep your journal at hand, for you never know when you may feel inspired to write.

## **Writing prompts**

Sometimes it's hard to know where to start, and that's fine. Don't feel pressured to stick to any structured form or topic as your journal can be about anything you want, it's just your thoughts at that particular time. But if you are struggling with a starting point, these prompts may help to get you in the flow....



I am having a really hard time with ....  
Today, I am really missing you ...  
What I want to say to you is ...  
I feel angry/sad/confused about ....  
Today my grief feels like ....  
What I need from others is ....  
The most difficult time of day is ...  
I especially miss ...  
I wish my family and friends would say or do ...  
It is helpful/hurtful when people ...  
How I will continue coping every day is ...  
How I really feel is ....  
I have been feeling a lot of ...  
I could use a little more/less ...  
What I really want to say is ...  
What I wish I'd said/hadn't said is ...  
What I'd like to ask you is ....  
You taught me ...  
I forgot to tell you ...  
When I'm alone, I ...  
I'm sorry I didn't ...  
I wished that I'd ...  
I hope you know that ...  
I can hear you say ...  
You would be proud to know ...  
I am having a hard time with ...  
Since you are gone, I'm going to ...  
I feel most connected to you when ...  
One thing you taught me about myself is ...  
I will lean on ...  
I know I will be ok because ...  
What was good about today is ...  
The first time we ....  
My happiest memory of you is ...  
My favourite thing we used to do together was ...  
I remember how you used to ....  
A simple activity I could try today is ...  
I am ready to feel ...  
I am grateful for ...  
I will always love you ...

