

Journaling Prompts

According to the 4 Tasks of Mourning, there are four tasks someone grieving ideally accomplishes:

Believe the loss happened

Be willing to experience the emotional pain connected to the loss

Adjust to your social, familial environment in the absence of the lost person

Find an enduring connection while embarking on a new life

Journal #1

Focus your journaling this week on the first task. How have you found yourself challenged to accept the reality of the loss?

Journal #2

Focus on the second task. What emotions are easier or more "natural" for you to connect with in grief? What emotions are harder for you to feel or express? Explore some of the dynamics in your life and environment that may contribute to your own comfort or discomfort with different emotions.

Journal #3

Focusing on the third task, how have family and social roles and responsibilities been challenged or redefined since the death of your loved one?

What strategies or behaviors have you found helpful to your grieving process? What strategies or behaviors have you found less helpful or effective for you?

Journal #4

Focus your journaling this week on the fourth task. What elements of your lost relationship might possibly be reclaimed in some way through other relationships or investments? What elements do you think you will never be able to reclaim?