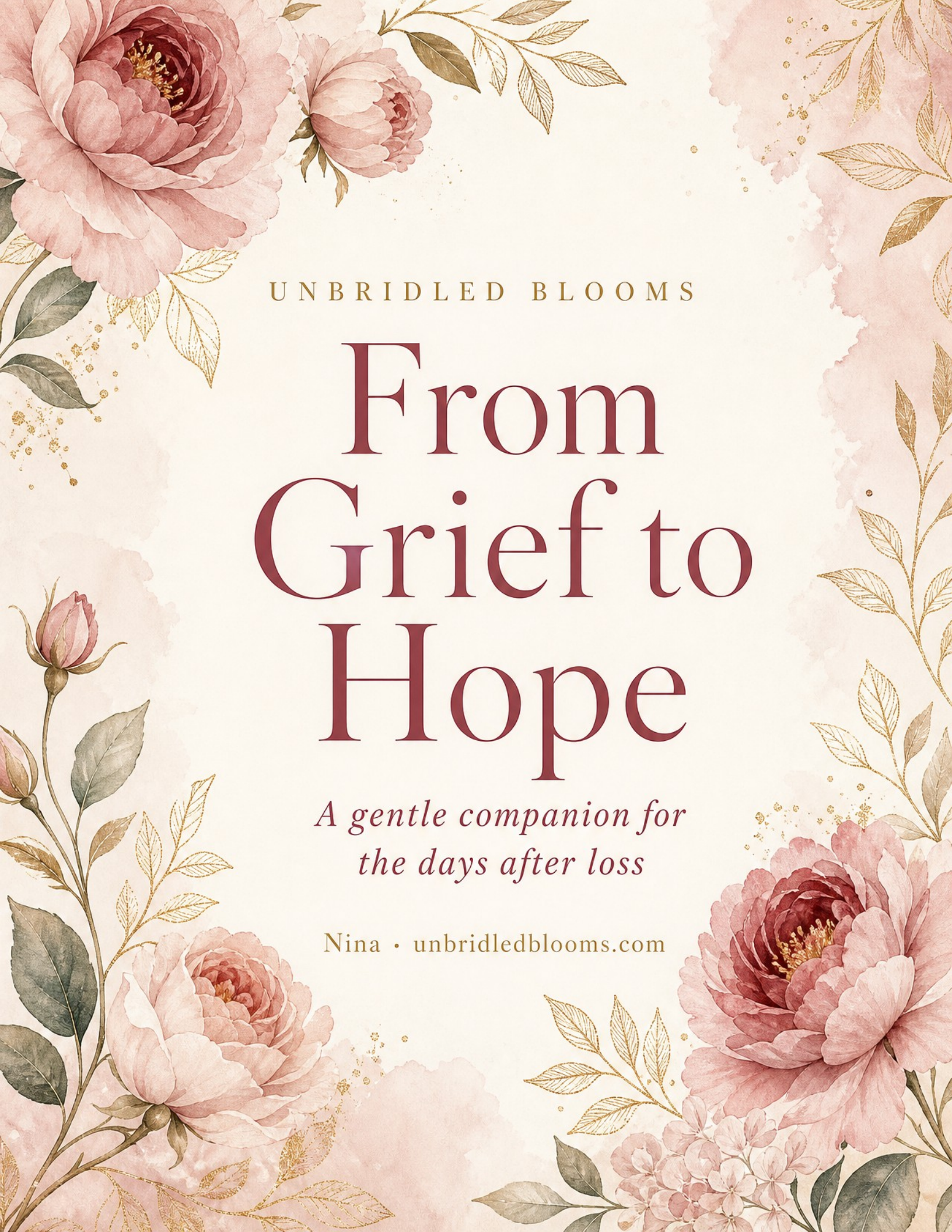


A delicate floral illustration featuring several large, soft pink roses with detailed gold leaf outlines and scattered gold dots. The roses are arranged around the central text, with some in full bloom and others as buds. The background is a light, warm tone with subtle watercolor washes.

UNBRIDLED BLOOMS

# From Grief to Hope

*A gentle companion for  
the days after loss*

Nina • [unbridledblossoms.com](http://unbridledblossoms.com)

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## A note before you begin



If you are holding this, something has been taken from you. Perhaps a person. Perhaps the life you thought you were building. Perhaps the version of yourself you used to recognise in the mirror.

This book will not try to fix you. You are not broken. Grief is not a problem to be solved — it is love with nowhere to go, and it needs somewhere to live outside your body.

What you will find here are the same tools that live inside the Unbridled Blooms app: something to do when the wave hits, something to practise on the ordinary days, and eighty questions to write your way through, slowly, in your own time.

*You are not writing to get over it. You are writing to carry it differently.*

### How to use this book

- Do not read it front to back unless you want to. Open it where you need it.
- Five minutes counts. On the heaviest days, one honest sentence counts.
- Skip anything that feels too soon. It will still be here later.
- Nothing here is required. There is no schedule, no streak, no falling behind.

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*A gentle note: this book is a companion, not a replacement for professional support. If your grief feels unbearable, please reach out to a grief counsellor or your local crisis line.*

# Part One — When you need help right now



These are for the moment grief arrives without warning: in the supermarket, at 3am, halfway through a sentence. Pick one. You do not have to do them all.

## When I'm Grieving

*Gentle tools for this exact moment*

*“I am allowed to grieve. My pain is real. I am not too much. I am not broken. I am human — and I am held.”*

### 4-7-8 Breathing — Calm Your Body Now

When grief hits hard, your nervous system floods. This sends a direct signal to your body that you are safe.

1. Sit or lie down. Close your eyes if you can.
2. Breathe in slowly through your nose for 4 counts.
3. Hold your breath gently for 7 counts.
4. Exhale completely through your mouth for 8 counts.
5. Repeat 4 times. Feel your shoulders drop with each breath.

### 5-4-3-2-1 Grounding — Come Back to Now

When grief pulls you into the past, this brings you back to the present moment.

1. Name 5 things you can see right now.

2. Notice 4 things you can physically feel.
3. Listen for 3 things you can hear.
4. Find 2 things you can smell.
5. Notice 1 thing you can taste. Take a breath. You are here. You are safe.

### **Words to Hold Onto Right Now**

1. You are allowed to fall apart sometimes. That is not weakness — that is grief doing its work.
2. You do not have to be okay today. You just have to be here.
3. What you are feeling is real, and it makes complete sense.
4. This wave will pass. It always does. You have survived every hard moment so far.

### **When I'm Overwhelmed**

*Reset your nervous system now*

*“I don't have to do it all right now. I just have to do the next small thing.  
That is enough.”*

### **Box Breathing — Nervous System Reset**

1. Breathe in for 4 counts.
2. Hold for 4 counts.
3. Breathe out for 4 counts.
4. Hold for 4 counts.
5. Repeat 4–6 times. Feel your jaw, shoulders and hands soften.

### **5-Minute Calm Practice**

1. Minute 1: Sit somewhere quiet. Both feet flat on the floor.
2. Minute 2: One hand on your heart. Take 5 slow breaths.
3. Minute 3: Say aloud: “I am doing the best I can. That is enough.”

4. Minute 4: Write the single most important thing for today. Just one.
5. Minute 5: Stand up. Shake your hands out. Take the next small step.

## When I Feel Lost

*Reconnect with who you are*

*“I am not lost. I am in transition. The woman I am becoming is worth the uncertainty of not yet knowing who she is.”*

## Who Were You Before? — Identity Reflection

1. Think about a time when you felt most like yourself. Where were you?
2. What did that version of you love? What lit her up?
3. What qualities did she have that you still carry, even now?
4. Write three words that have always described you at your core.
5. Those words are still true. That woman didn't leave. She's waiting.

## When I Need Hope

*Light for the darkest moments*

*“I have survived every single hard day of my life so far. My survival rate is 100%. I can do this too.”*

## The Loving Hand

1. Place one hand gently over your heart.
2. Place the other hand on your stomach.
3. Feel the warmth of your own hands. This is you holding yourself.
4. Say softly: “I am having a hard time. This is real. I am not alone. I have survived before.”
5. Stay here as long as you need. There is no rush. You are safe right now.

## Part Two — Healing practices



Tools for the ordinary days — the ones that build steadiness slowly, in the background, while you are not looking.

### Emotional Regulation

#### 4-7-8 Breathing

Inhale 4 counts, hold 7, exhale 8. Repeat 4 times. Activates your parasympathetic nervous system immediately.

#### The Butterfly Hug

Cross your arms over your chest and alternate tapping your shoulders slowly. A self-soothing technique borrowed from EMDR trauma therapy.

#### Box Breathing

Breathe in 4, hold 4, breathe out 4, hold 4. Repeat 6 times. Returns the body to calm quickly.

### Grief Processing

#### Letter Writing

Write a letter to the person, version of yourself, or life you've lost. You don't have to send it. The act of writing releases what is held inside.

## **Grief Waves Practice**

When grief rises, name it aloud: “This is grief.” Allow it to move through you without resistance for 90 seconds.

## **Memory Box Journaling**

Write about one specific memory — a smell, a sound, a moment. Grief held in detail is grief being processed.

## **Nervous System Healing**

### **5-4-3-2-1 Grounding**

Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste. Anchors you to the present moment.

### **Shaking Practice**

Stand and shake your hands, arms and whole body for 60 seconds. Animals shake after trauma to discharge stress hormones — we’ve forgotten how.

## **Self-Compassion**

### **The Loving Hand**

Place one hand on your heart, one on your stomach. Say softly: “I am having a hard time. This is real. I am not alone.” Repeat as many times as you need.

### **The Permission Slip**

Write: “I give myself permission to not be okay today. To take up space. To need support. To move slowly.” Sign it. Mean it.

## **Creating a New Life**

### **Future Self Letter**

Write a letter from the woman you are becoming — 3 years from now — back to who you are today. What did she build? What advice does she have?

## **Values Excavation**

List 10 words that describe how you want your life to feel — not what you want to achieve, but how you want to feel every day.

## Part Three — Four small steps and three rituals



### How to begin writing

#### 01 Make it small

Set a timer for five minutes. A short, kept promise builds trust with yourself far faster than an hour you dread.

#### 02 Ground first

Before you write, breathe in for four, out for six, three times. Feel the chair, the floor, the pen. Grief is easier to meet from a settled body.

#### 03 Write without editing

No spelling, no structure, no audience. If the words stop, write “I don’t know what to say” until something else arrives.

#### 04 Close the page kindly

End with one line of care: what you need, what helped, or simply “that’s enough for today.” Then stand, stretch, drink water.

### Three rituals to hold the writing

#### The candle and the close

Light something before you begin and blow it out when you finish. The ritual tells your nervous system that grief has a beginning and an end to this session.

### **The unsent letter**

Write directly to the person you lost. Say the thing you didn't get to say. Keep it, or burn it — both are complete.

### **One kind line**

End every entry with a single sentence of care for yourself. Over time those lines become the record of your own returning.

## Part Four — 80 journaling prompts



Eight topics, ten prompts each. Move through them in order, or open a page and choose whichever one your chest reacts to. Blank lines follow each prompt — use them, or use your own notebook.

### Grief

1. *What does grief feel like in your body right now? Where do you hold it most?*

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2. *If your grief could speak, what would it most need you to hear today?*

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3. *What memory of the person or life you've lost brings you the most tenderness right now?*

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4. *What would it feel like to grieve without a timeline — without anyone's expectation of when you should feel better?*

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5. *What small act of gentleness could you offer yourself before this day ends?*

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6. *What did you love most about the person or life you've lost? How can you honor that love today?*

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**7.** *Is there anything you wish you had said? Write it here — completely and without judgment.*

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**8.** *What does healing look like to you? Not what others say it should look like — what does it look like for you?*

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**9.** *Who has shown up for you during this time? What did their support feel like?*

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**10.** *What would you tell a close friend who was going through exactly what you are experiencing right now?*

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## Healing

**11.** *What does healing mean to you? Not the definition — what does it actually feel like?*

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**12.** *Where in your life do you already feel some healing happening, even if it is small?*

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**13.** *What has this season of pain taught you about yourself that you didn't know before?*

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**14.** *What does a healed version of you look like? How does she move through the world?*

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**15.** *What is one belief about yourself that formed during your pain that you are ready to gently let go of?*

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**16.** *What have you been carrying alone that you might be ready to ask for help with?*

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**17.** *What practices — however small — make you feel more like yourself?*

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**18.** *Write about a moment recently when you felt even 10% lighter. What created that?*

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**19.** *What do you need to hear right now that nobody has said to you yet?*

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**20.** *If healing is not a destination but a practice — what does that practice look like for you this week?*

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## **Self-Worth**

**21.** *When did you first start believing you weren't enough? What happened?*

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**22.** *What would you do differently if you truly believed you were worthy of love exactly as you are?*

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**23.** *Write about three qualities you have that the people who love you most would name immediately.*

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**24.** *What are you tolerating in your life right now that a woman who knew her worth would not tolerate?*

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**25.** *Complete this sentence: 'I am worthy of...'*

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**26.** *When do you feel most like your truest self? What is happening in those moments?*

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**27.** *What do you wish someone had told you about your worth when you were younger?*

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**28.** *How do you speak to yourself when things go wrong? How would you speak to a dear friend in the same situation?*

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**29.** *What would your life look like if you stopped apologising for taking up space?*

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**30.** *Write a love letter to yourself — not to who you're becoming, but to who you are right now.*

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## Rebuilding

**31.** *What does rebuilding mean to you right now — not a definition, but a feeling?*

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**32.** *What is one small step you could take this week that would feel like rebuilding?*

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**33.** *What are you building towards, even if it's still blurry? Write about it as if it has already happened.*

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**34.** *What do you need to leave behind in order to move forward?*

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**35.** *What strengths did this season reveal in you that you didn't know you had?*

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**36.** *Who do you want to be on the other side of this — not what you want to do, but who you want to be?*

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**37.** *What parts of your old life do you want to take with you, and what are you ready to release?*

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**38.** *What does a rebuilt life look, feel and sound like for you? Include small, everyday details.*

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**39.** *What is one thing you are proud of yourself for, in the middle of all of this?*

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**40.** *Write about a woman you admire who rebuilt after loss. What about her journey speaks to you?*

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## **Identity**

**41.** *Who were you before everything changed? Describe her in detail.*

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**42.** *What parts of the old you are still present, even now — even on the hard days?*

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**43.** *Who are you becoming? If you couldn't get it wrong, who would you choose to be?*

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**44.** *What roles have you been playing in your life that feel like costumes rather than truth?*

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**45.** *Complete this sentence: 'The real me is someone who...'*

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**46.** *What lights you up — not what you think should light you up, but what actually does?*

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**47.** *What do you believe about yourself that life taught you — and that might not actually be true?*

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**48.** *If nobody was watching, how would you live differently?*

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**49.** *What parts of yourself have you been hiding? Why?*

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50. *Write about a moment when you felt completely and wholly yourself.  
What was happening?*
- 

## **Purpose**

51. *What matters most to you in life — beneath the noise, the expectations  
and the roles you play?*
- 

52. *What breaks your heart about the world? What problems do you want to  
help solve?*
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53. *What do you find yourself doing when time disappears completely?*
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**54.** *If you could not fail, what would you do with your life?*

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**55.** *What would you want people to feel after spending time with you?*

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**56.** *What experiences have you been through that you could help other people navigate?*

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**57.** *What does a purposeful day look like for you? Describe it in full detail.*

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**58.** *Complete this sentence: 'My life matters because...'*

---

**59.** *What legacy do you want to leave — not as a monument, but as a feeling?*

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**60.** *What has your pain taught you that you could offer to the world?*

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## **Forgiveness**

**61.** *Who or what are you still carrying anger or resentment towards?*

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**62.** *What did forgiveness mean to you growing up? Has that definition served you?*

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**63.** *Write a letter to someone who hurt you — not to send, but to release. Say everything.*

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**64.** *What would letting go of this resentment give you? What might you be afraid to lose if you forgave?*

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**65.** *Is there any part of you waiting for an apology that may never come? What would it mean to release that wait?*

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66. *What do you need to forgive yourself for?*

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67. *Write to the younger version of yourself who went through something painful. What do you want her to know?*

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68. *What does forgiveness not mean? What boundaries would still be true even in forgiveness?*

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69. *What would it feel like to put down the weight of this? Describe the lightness in detail.*

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**70.** *Forgiveness is not for them — it is for you. What are you ready to begin releasing?*

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## **Future Vision**

**71.** *Describe your life five years from now in as much detail as possible. What does it feel like to live it?*

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**72.** *What is the one thing you most want for yourself in this next chapter?*

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**73.** *Who is the woman you are becoming? Write about her in the present tense as if she is already here.*

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*74. What do you want more of in your life? What do you want less of?*

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*75. What would you do in the next 12 months if you knew you couldn't fail?*

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*76. What does safety feel like to future you? What has she built around herself?*

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*77. Write a letter from your 80-year-old self back to you right now. What wisdom does she offer?*

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**78.** *What fear is the biggest barrier between who you are now and who you want to become?*

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**79.** *What do you want your daily life to feel like — not look like, feel like?*

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**80.** *The best is still ahead. Write about what the best could look like for you.*

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# When you are ready for more



You do not have to do any of this alone.

## Sisterhood Circles

Free Zoom circles for women carrying loss. Come with your camera off. Listen, or say nothing at all. Nothing is required of you.

[unbridledblooms.com/circles](https://unbridledblooms.com/circles)

## The app

Everything in this book — plus breathing tools, grounding practices and a quiet place to keep every entry — lives in the Unbridled Blooms app.

[unbridledblooms.com](https://unbridledblooms.com)

## Gentle notes by email

Occasional, unhurried notes. Nothing urgent, nothing salesy. Leave whenever you like.

[unbridledblooms.com/begin](https://unbridledblooms.com/begin)

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*You have survived every single hard day of your life so far. Your survival rate is 100%. You can do this too.*

*With warmth, Nina*

