



UNBRIDLED BLOOMS

Grief Journaling Guide

— ♦ —
30 gentle prompts to begin

This guide is yours to keep. Write in it, or write it out in your phone. There is no right order, and nothing here you have to finish. Open the page that matches the day you're having.





How to begin

01 Make it small

Set a timer for five minutes. A short promise you keep 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.



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





Week one

NAMING IT



01 *What happened, in my own words, with no tidying up.*

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02 *The moment I knew everything had changed.*

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03 *What I am most afraid to say out loud right now.*

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Week one

NAMING IT



04 *Today grief felt like...*

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05 *What my body is carrying that my mind hasn't admitted.*

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06 *One thing I need, that I haven't asked anyone for.*

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Week two

REMEMBERING



07 *A small, ordinary moment I never want to forget.*

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08 *Something they said that I still hear.*

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09 *What they taught me without meaning to.*

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Week two

REMEMBERING



10 *A photograph I keep returning to, and why.*

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11 *What I would tell them about my life today.*

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12 *The parts of them that live on in me.*

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Week three

THE HARD TRUTHS



- 13 *What I feel guilty about, written without defending myself.*

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- 14 *What I am angry about - at them, at others, at myself.*

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- 15 *The conversation we never finished.*

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Week three

THE HARD TRUTHS



16 *What I would forgive if forgiveness were easy.*

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17 *Who disappeared, and how that changed things.*

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18 *What I have been pretending is fine.*

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Week four

COMING BACK



19 *One thing that felt bearable this week.*

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20 *Where I found unexpected kindness.*

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21 *What still brings me comfort, however small.*

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Week four

COMING BACK



22 *A boundary I need for my own healing.*

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23 *What I can let go of, just for today.*

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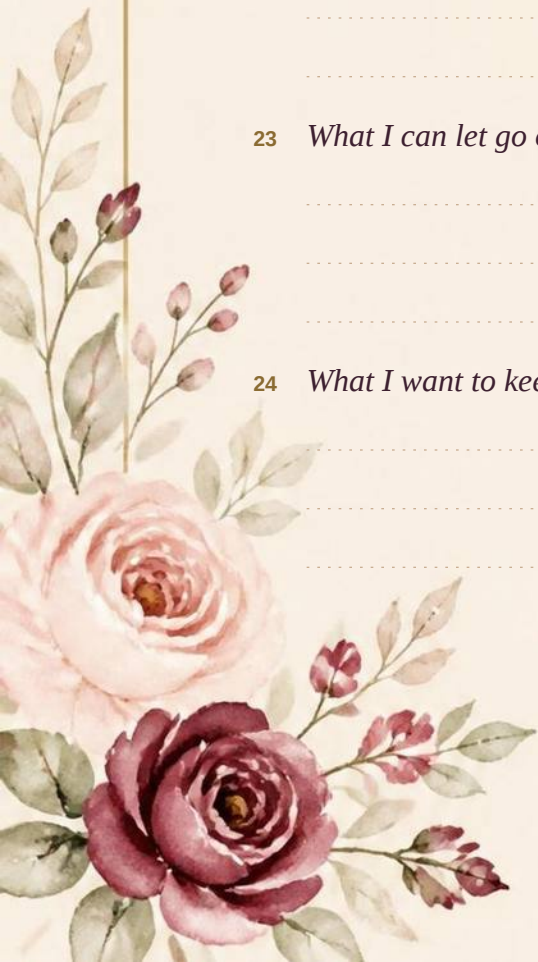
.....

24 *What I want to keep from who I was before.*

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Beyond

BECOMING



25 *Who I am becoming, because of this loss and not in spite of it.*

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26 *What I would say to someone at the beginning of this road.*

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27 *The kind of life I could imagine wanting again.*

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Beyond

BECOMING

28 *What hope looks like on a small scale.*

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29 *A promise I am making to myself.*

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30 *Dear grief - a letter to what I carry.*

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Three rituals to hold the writing

The candle and the class

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 things 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.

If it ever feels like too much, put it down. It will still be here.





Anything else that wants to be written



Handwriting practice lines consisting of ten horizontal dotted lines.



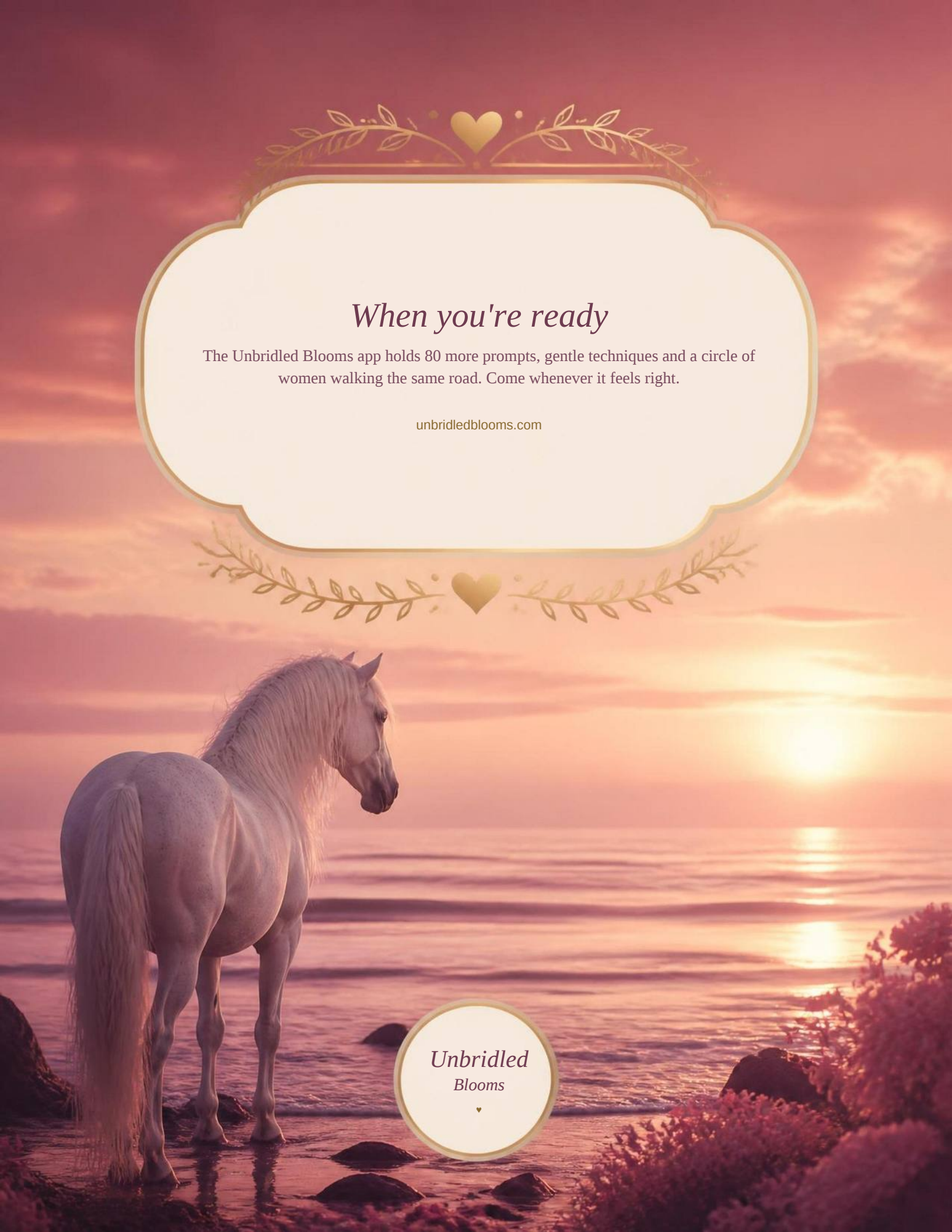


Anything else that wants to be written



Handwriting practice lines consisting of ten horizontal dotted lines.





When you're ready

The Unbridled Blooms app holds 80 more prompts, gentle techniques and a circle of women walking the same road. Come whenever it feels right.

unbridledblooms.com

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