

FROM THE SITTING ROOM SERIES
GRIEF AND MEMORY LOSS

15

First-Year Grief Journal

*Undated Pages for the
Year After a Death*

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LARGE PRINT



Worksheets

from

First-Year Grief Journal

Undated Pages for the Year After a Death

Book 15 of The Sitting Room Series



Alder
Creek
EDITIONS

About these worksheets

These are the pages from First-Year Grief Journal that you can fill in again, one copy of each. Print as many copies as you need.

The whole journal is free to download and print at aldercreekeditions.com.

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General information, not medical, legal, or financial advice. In an emergency, call 911. In a crisis, call or text 988.

2. The Person I Am Missing

Their full name

What I called them

Born

Died

Where they are buried or remembered

Who they were to me

What they loved

What I want to remember most

3. People Who Help

Write down the people you can call, and what each one is good for: a ride, a meal, a long talk, or company without talking.

Name	Phone	Good for

My doctor

The hospice, if there was one

A faith leader

A counselor or support group

4. Dates That May Be Hard

Birthdays, anniversaries, holidays, and the date of the death can come with little warning. Write them here, and next to each one, what you might do that day and who you might spend it with.

Date	What it is	What I might do, and with whom

A Week

Date I started this page _____

To write about: Write down how you heard the news, or what you remember of the first days.

To do this week: Write the names of three people you can call on a hard day in Section 3.

A Week, continued

More room to write

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

One thing that helped this week, even a small one

A Week

Date I started this page _____

To write about: What do you want to remember about the person's face, voice, or hands?

To do this week: Eat one meal at a table, with someone if you can.

A Week

Date I started this page _____

To write about: What did people say to you at the service or in the first weeks that you want to keep?

To do this week: Put one thing that belonged to the person where you can see it, or put one away.

A Week

Date I started this page _____

To write about: What has been the hardest hour of the day, and why that one?

To do this week: Go outside for a few minutes, once a day.

Looking Back

Date _____

Read back over the last four weeks. What has been hardest?

What, or who, has helped?

How you have been sleeping and eating, and how your body feels

Is there anyone you want to tell how you are doing? Who, and when?

A Week

Date I started this page _____

To write about: Write about a meal you shared.

To do this week: Answer one card, call, or message you have been putting off.

A Week

Date I started this page _____

To write about: What did the person call you? What did you call them?

To do this week: Ask someone to help with one task you dread.

A Week

Date I started this page _____

To write about: What did the two of you argue about, or never agree on?

To do this week: Make one appointment you have been putting off, your own or the household's.

A Week

Date I started this page _____

To write about: What did a normal Tuesday look like with them?

To do this week: Sit somewhere the person liked to sit.

A Week

Date I started this page _____

To write about: What made the person laugh?

To do this week: Tell one person a funny story about them.

A Week

Date I started this page _____

To write about: What do you wish you had asked them?

To do this week: Write the question down, and the answer you think they would have given.

A Week

Date I started this page _____

To write about: What has surprised you about this time?

To do this week: Do one thing this week only for yourself.

A Week

Date I started this page _____

To write about: Which of their habits do you miss, even the ones that bothered you?

To do this week: Go through one drawer, one shelf, or one box. Only one.

A Week

Date I started this page _____

To write about: Write about the last good day you had together.

To do this week: Call someone who knew the person, and talk about them.

A Week

Date I started this page _____

To write about: What are people getting wrong about how you feel?

To do this week: Tell one person what would help.

A Week

Date I started this page _____

To write about: Where do you feel the loss most: at home, in the car, at church, somewhere else?

To do this week: Go to that place once, or decide to wait, and write which you chose.

A Week

Date I started this page _____

To write about: Write about a trip, a holiday, or an ordinary outing you took together.

To do this week: Look at photographs for a while, or ask someone to look with you.

A Week

Date I started this page _____

To write about: What did the person teach you, on purpose or not?

To do this week: Do one thing the way they would have done it.

A Week

Date I started this page _____

To write about: What are you angry about, if anything? Write it all down. Nobody has to read it.

To do this week: Move your body for a while: walk, garden, clean, or stretch.

A Week

Date I started this page _____

To write about: What are you grateful for in the life you had together?

To do this week: Thank someone who helped during the illness or after the death.

A Week

Date I started this page _____

To write about: What would you tell the person about this week, if you could?

To do this week: Write them a short letter on the next page.

A Week

Date I started this page _____

To write about: Who has surprised you by showing up? Who has disappeared?

To do this week: Reach out to one person you have not heard from.

A Week

Date I started this page _____

To write about: What is one decision that is now yours alone?

To do this week: Make that decision, or set a date to make it.

A Week

Date I started this page _____

To write about: Write about the place where the person is buried or remembered, or the place you think of them.

To do this week: Visit it, or plan when you will.

A Week

Date I started this page _____

To write about: What song, smell, or sound brings the person back?

To do this week: Play the song, or find the smell, on purpose this week.

A Week

Date I started this page _____

To write about: What has been easier than you expected?

To do this week: Make a plan for one evening this week, so it is not empty.

A Week

Date I started this page _____

To write about: What part of the day is lonely now?

To do this week: Ask someone to call you at that time, once this week.

A Week

Date I started this page _____

To write about: What did the person worry about? Is any of it still yours to carry?

To do this week: Put one worry down on paper, and next to it, who could help with it.

A Week

Date I started this page _____

To write about: Write about the person when they were young, as you knew them or heard about them.

To do this week: Ask a relative for a story you have never heard.

A Week

Date I started this page _____

To write about: What has changed in how you see yourself?

To do this week: Do one thing you used to do before the illness or the death.

A Week

Date I started this page _____

To write about: Is there anything you need to forgive, in them or in yourself?

To do this week: Write it down, and decide what to do with the page.

A Week

Date I started this page _____

To write about: What are you looking forward to, even slightly?

To do this week: Put it on a calendar.

A Week

Date I started this page _____

To write about: What is still hard to say out loud?

To do this week: Say it to one person, or to the page.

A Week

Date I started this page _____

To write about: What do you want the children in the family to know about the person?

To do this week: Write one story for them.

A Week

Date I started this page _____

To write about: What has the house, or your room, been like?

To do this week: Change one small thing in it, or leave it, and write why.

A Week

Date I started this page _____

To write about: Write about a holiday or a birthday since the death.

To do this week: Plan the next one, with one thing kept and one thing changed.

A Week

Date I started this page _____

To write about: What did the two of you plan to do that you never did?

To do this week: Decide whether to do one of those things yourself.

A Week

Date I started this page _____

To write about: What would the person say about how you are doing?

To do this week: Do one thing they would have told you to do.

A Week

Date I started this page _____

To write about: Who else is grieving this person? How are they?

To do this week: Check on one of them.

A Week

Date I started this page _____

To write about: What has helped you sleep, or kept you awake?

To do this week: Tell your doctor if sleep has been hard for weeks.

A Week

Date I started this page _____

To write about: What part of your life has kept going without them?

To do this week: Spend time on it this week.

A Week

Date I started this page _____

To write about: Write about the person's hands at work:
cooking, fixing, writing, holding.

To do this week: Use something they made, or make something yourself.

A Week

Date I started this page _____

To write about: What did you learn about yourself in the months of illness or after the death?

To do this week: Tell someone one thing you are proud of from that time.

A Week

Date I started this page _____

To write about: What are you still waiting to feel, or to stop feeling?

To do this week: Read back over a few weeks of this journal.

A Week

Date I started this page _____

To write about: Which of their things are you keeping, and why those?

To do this week: Give one thing to someone who will treasure it, if you are ready.

A Week

Date I started this page _____

To write about: What has faith, or the lack of it, meant this year?

To do this week: Spend an hour in a place that settles you.

A Week

Date I started this page _____

To write about: Write about a day this month when you did not think of the loss for a while.

To do this week: Notice that day without judging it.

A Week

Date I started this page _____

To write about: What would you tell someone whose loss is newer than yours?

To do this week: Write it as a note, and give it to someone if you know who needs it.

A Week

Date I started this page _____

To write about: How do you want to mark the first anniversary?

To do this week: Tell the people you want there.

A Week

Date I started this page _____

To write about: What are you carrying forward from the person into your own life?

To do this week: Do one thing this week that they would recognize as theirs.

A Week

Date I started this page _____

To write about: What has this year asked of you?

To do this week: Rest for one full afternoon.

A Week

Date I started this page _____

To write about: Write to the person about the year.

To do this week: Read it aloud, alone or with someone.

A Week

Date I started this page _____

To write about: What do you want the next year to hold?

To do this week: Write one hope in Section 5.

5. After the First Year

The end of this journal is not a deadline. Many people keep writing. If you want to, start a notebook, or print more pages from aldercreekeditions.com.

What I know now that I did not know a year ago

What I want to keep doing

A hope for the next year
