



# WHEN YOU'RE GRIEVING

A gentle journal prompt  
guide to help navigate loss

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## *A Note Before you Begin*

Grief is one of the most misunderstood experiences a person can go through. It doesn't follow a timeline. It doesn't look the same twice. And it doesn't only happen when someone dies - it happens whenever something significant is lost. A relationship. A version of yourself. A life you thought you were going to have. A person who was supposed to stay.

I know this firsthand. I know what it is to lose someone you love in a way that changes everything - and to still have to keep going afterward.

These prompts aren't meant to speed up your grief or help you find the silver lining. They're simply here to give you a quiet place to put what you're carrying - so it doesn't have to live only inside you.

There is no timeline for this. Move through it at whatever pace feels right for you.

- *Meada*

# HOW TO USE THIS GUIDE

Find a quiet moment — even just ten or fifteen minutes - and a place where you feel safe enough to be honest.

You don't need to answer every question. You don't need to write in complete sentences. Sometimes a single word is the most honest thing.

Read each question and notice what comes up first - before you edit it or decide whether it's the right answer. That first response is sometimes the truest one.

If a question brings up something too big to sit with alone, please reach out to someone you trust. These questions are meant to support you - not to replace the kind of care that grief sometimes requires.

You are not alone in this, even when it feels that way at times.



# WHAT YOU'RE CARRYING

Grief can be hard to look at directly. This section is simply about letting yourself acknowledge what's there – without having to do anything about it yet.

## BEFORE ANYTHING ELSE:

- What are you grieving right now – even if it's complicated or hard to name?
- How long have you been carrying this?
- Is there a part of the grief you haven't let yourself fully feel yet – something you've been keeping at a distance?
- What does this grief feel like in your body – where do you feel it, and what does it feel like when it's most present?

# WHAT YOU LOVED

Grief exists because something mattered.

This part is about honoring that.



- ✓ What do you miss most?
  
- ✓ What did the person, relationship, or season you lost bring into your life?
  
- Is there something you wish you had
- ✓ said or done – or something you're glad you did?
  
- What do you want to remember –
- ✓ something you're afraid of forgetting?

IF YOU ARE GRIEVING THE LOSS OF A PERSON - THESE QUESTIONS MAY BRING UP A LOT. TAKE YOUR TIME WITH THEM. YOU DON'T HAVE TO ANSWER THEM ALL AT ONCE OR AT ALL IF YOU ARE NOT READY. YOU CAN ALWAYS COME BACK TO THEM.



# WHAT YOU NEED

*Grief is exhausting. This section is about being honest about what you actually need right now.*

- What kind of support would help you most right now - even if you're not sure how to ask for it?
- Is there something people around you don't understand about what you're going through?
- What do you need permission to feel - or to stop feeling?
- Where do you find even a small moment of relief or peace in the middle of this?

*Grief, especially the grief of losing someone - can become too heavy to carry without help. If you find yourself struggling to function, feeling isolated, or just needing someone to talk to, please reach out. To a trusted friend, a counselor, a doctor, or a grief support group. That is not weakness. That is wisdom.*

# MOVING FORWARD WITHOUT LEAVING BEHIND

*Moving forward doesn't mean forgetting.*

*It means carrying it differently.*

- What would it mean to you to move forward – not away from the grief, but through it?
- Is there something from what you've lost that you want to carry with you – a value, a memory, a way of being?
- What feels possible right now, even if just barely?
- What is one small, gentle thing you could do for yourself today?



# A CLOSING NOTE

Grief is not a problem to be solved. It is love with nowhere left to go – and it deserves to be treated with patience, gentleness, and care.

You are not moving too slowly through grief. You are not doing it wrong. You are simply human, carrying something heavy, doing the best you can.

Come back to these pages as many times as you need.  
Grief changes over time, and so will your answers.



And if you ever find yourself needing more than a quiet guide as you go through this – there is a seat for you at The Whole Cafe. You don't have to carry this alone.



[www.thewholecafe.com](http://www.thewholecafe.com)



[hello@thewholecafe.com](mailto:hello@thewholecafe.com)



417-386-0767