the

HEALING HEARTS

JOURNAL



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This journal is designed to help you navigate the emotional journey of coping with your loss. The grieving process is a personal and individual experience, and there is no right or wrong way to do it.

This journal is intended to provide you with a safe and private space to express your thoughts and feelings about your loss. You will find prompts and exercises that can help you process your emotions, reflect on your memories and gain some perspective on your situation. This journal will help you find some comfort and healing and help you navigate the rollercoaster of emotions that come with grief.

We encourage you to use this journal regularly and to be honest and open with your thoughts and feelings. Take your time and work through your emotions at your own pace. Remember that grief is a normal and natural process, and it takes time to heal. And it's okay not to be okay but to keep moving forward. Please know that there is no time limit for grief and healing. This journal will be here for you whenever you need it.

"NEVER. WE NEVER LOSE OUR LOVED ONES. THEY ACCOMPANY US; THEY DON'T DISAPPEAR FROM OUR LIVES. WE ARE MERELY IN DIFFERENT ROOMS."

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REFLECTION & RECOVERY





HOW HAS YOUR JOURNEY OF GRIEF AND HEALING EVOLVED SINCE THE LOSS OF YOUR PREGNANCY OR BABY?

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WHAT MOMENTS OR MEMORIES BRING YOU COMFORT DURING DIFFICULT TIMES?

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THE REALITY IS THAT YOU
WILL GRIEVE FOREVER. YOU
WILL NOT 'GET OVER' THE
LOSS OF A LOVED ONE; YOU
WILL LEARN TO LIVE WITH IT.
YOU WILL HEAL AND YOU WILL
REBUILD YOURSELF AROUND
THE LOSS YOU HAVE
SUFFERED." - ELISABETH
KÜBLER-ROSS



HOW HAVE YOU FOUND SUPPORT FROM LOVED ONES OR PROFESSIONALS WHILE NAVIGATING THIS JOURNEY?

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. ARE THERE ANY RITUALS OR PRACTICES THAT HAVE HELPED YOU COPE WITH YOUR GRIEF AND HONOR YOUR BABY?

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"I AM STRONG
ENOUGH TO FACE
THIS AND I WILL
COME OUT
STRONGER ON THE
OTHER SIDE."



IN WHAT WAYS HAS THIS LOSS SHAPED YOUR PERSPECTIVE ON LIFE AND PARENTHOOD?

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HOW DO YOU FIND MOMENTS OF JOY OR PEACE AMIDST THE SADNESS AND LONGING?

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WHAT LESSONS HAVE YOU LEARNED ABOUT RESILIENCE AND STRENGTH FROM THIS EXPERIENCE?

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HOW DO YOU HONOR AND REMEMBER YOUR BABY IN YOUR DAILY LIFE?

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WHAT SELF-CARE PRACTICES HAVE BEEN MOST BENEFICIAL IN AIDING YOUR HEALING PROCESS?
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"GRIEF IS LIKE THE
OCEAN; IT COMES IN
WAVES, EBBING AND
FLOWING. SOMETIMES
THE WATER IS CALM,
AND SOMETIMES IT IS
OVERWHELMING. ALL WE
CAN DO IS LEARN TO
SWIM." - VICKI
HARRISON



HAVE YOU ENCOUNTERED ANY UNEXPECTED SOURCES OF HOPE OR COMFORT ON YOUR GRIEF JOURNEY?

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HOW HAS YOUR RELATIONSHIP WITH YOUR PARTNER, IF APPLICABLE, BEEN IMPACTED BY THIS LOSS?

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WHAT ADVICE WOULD YOU OFFER TO OTHER PARENTS NAVIGATING THE CHALLENGES OF BEREAVEMENT?

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HOW DO YOU ENVISION THE FUTURE WHILE CARRYING THE MEMORY OF YOUR BABY IN YOUR HEART?

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"Opief, Ive learned, is really just love. It's all the love you want to give but cannot. All of that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest." - Muknown

WHAT MILESTONES OR ANNIVERSARIES DO YOU COMMEMORATE TO HONOR YOUR BABY'S LEGACY?

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HOW DO YOU SEE YOURSELF EMBRACING HOPE AND HEALING AS YOU CONTINUE FORWARD ON THIS PATH?

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Its okay to feel a vange of enotions and to let them pass through me.