

*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."

- P A U L O C O E L H O

*the*  
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REFLECTION  
&  
RECOVERY





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





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."













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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















"Grief, I've 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." - Unknown









It's okay to feel a range of  
emotions and to let them pass  
through me.

