

CHILD LOSS GRIEF JOURNAL



Baby's Breath
Souffle de bébé

THIS JOURNAL IS IN MEMORY OF:



AGED:



TAKE SOME TIME TO WRITE ABOUT
YOUR BABY

Reflect on their life, and the memories you carry of them:

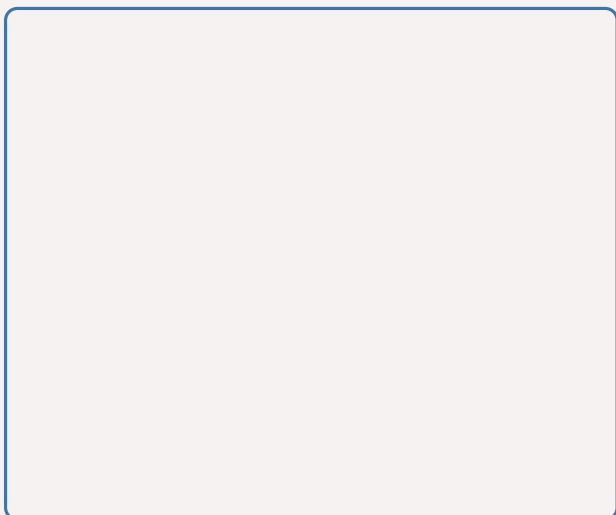
TODAY'S REFLECTION

Today is: _____

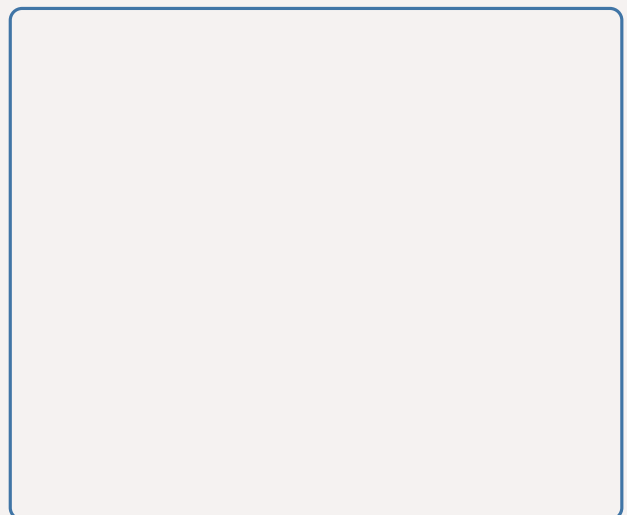
Today I feel:



Today I am missing:



Today I am having a hard time with::



TODAY'S REFLECTION

Today is: _____

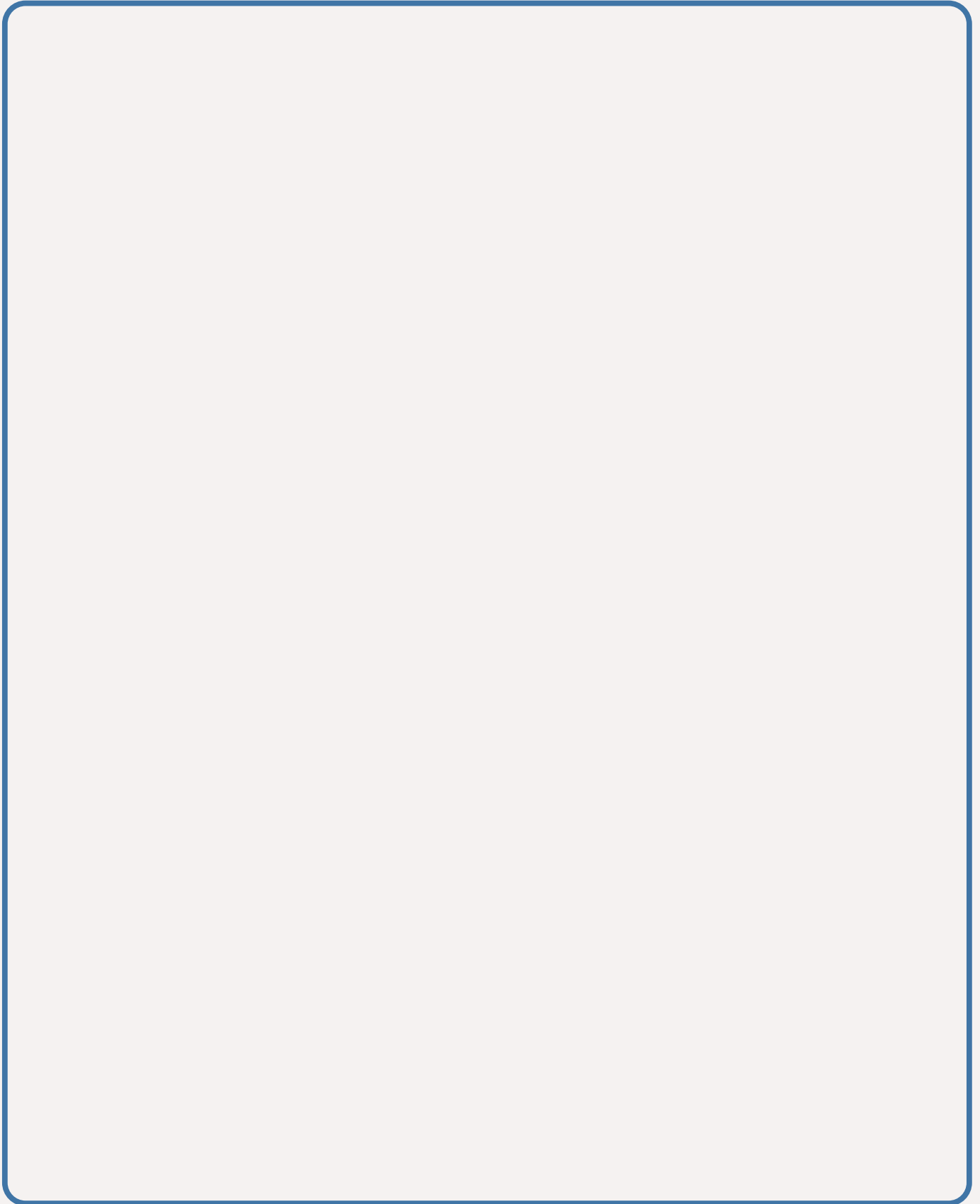
What are some mini-milestones you've accomplished today?

Today my intention is:

Things that made me smile today:

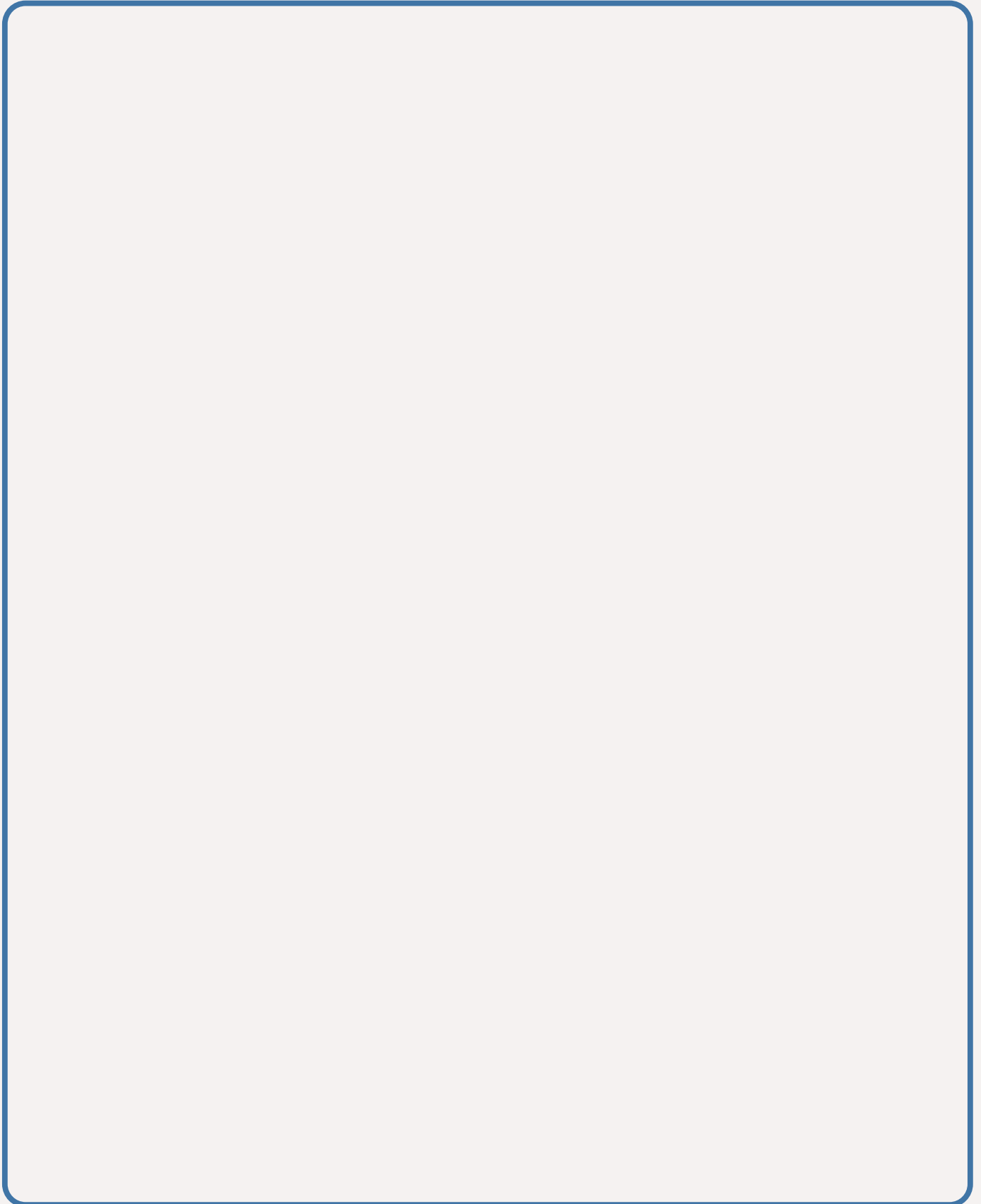
Today is: _____

What have you been doing to heal?



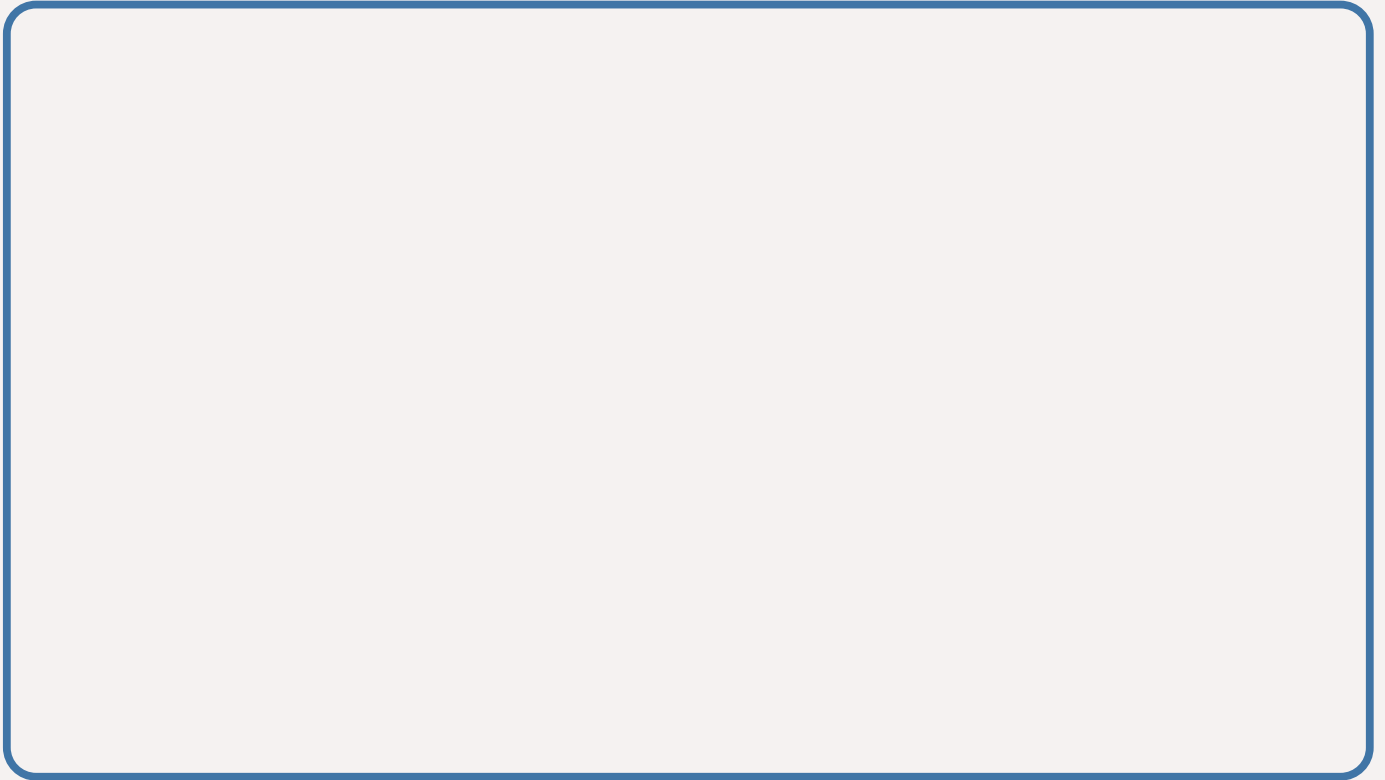
Today is: _____

What do you and your family do to honour and remember your baby?

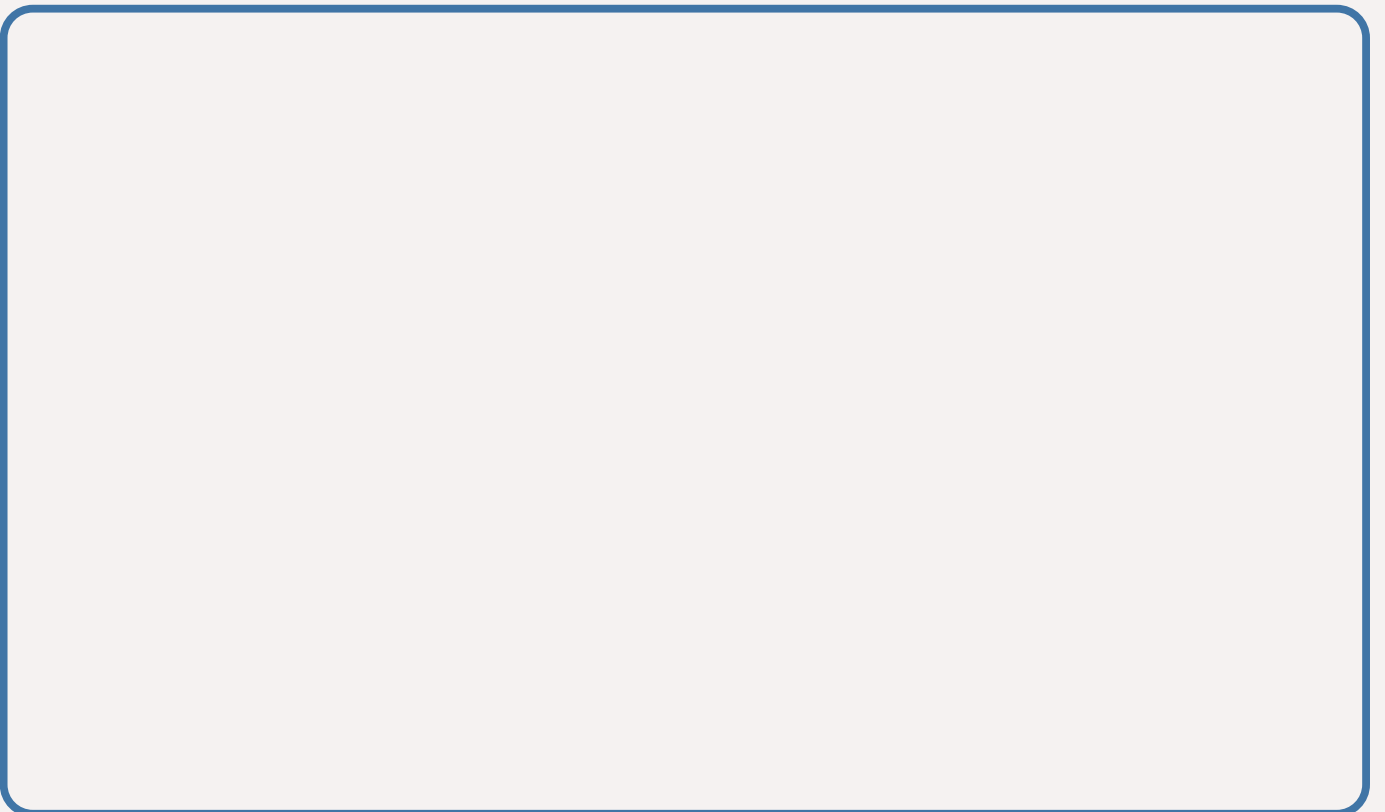


Today is: _____

What are your triggers?

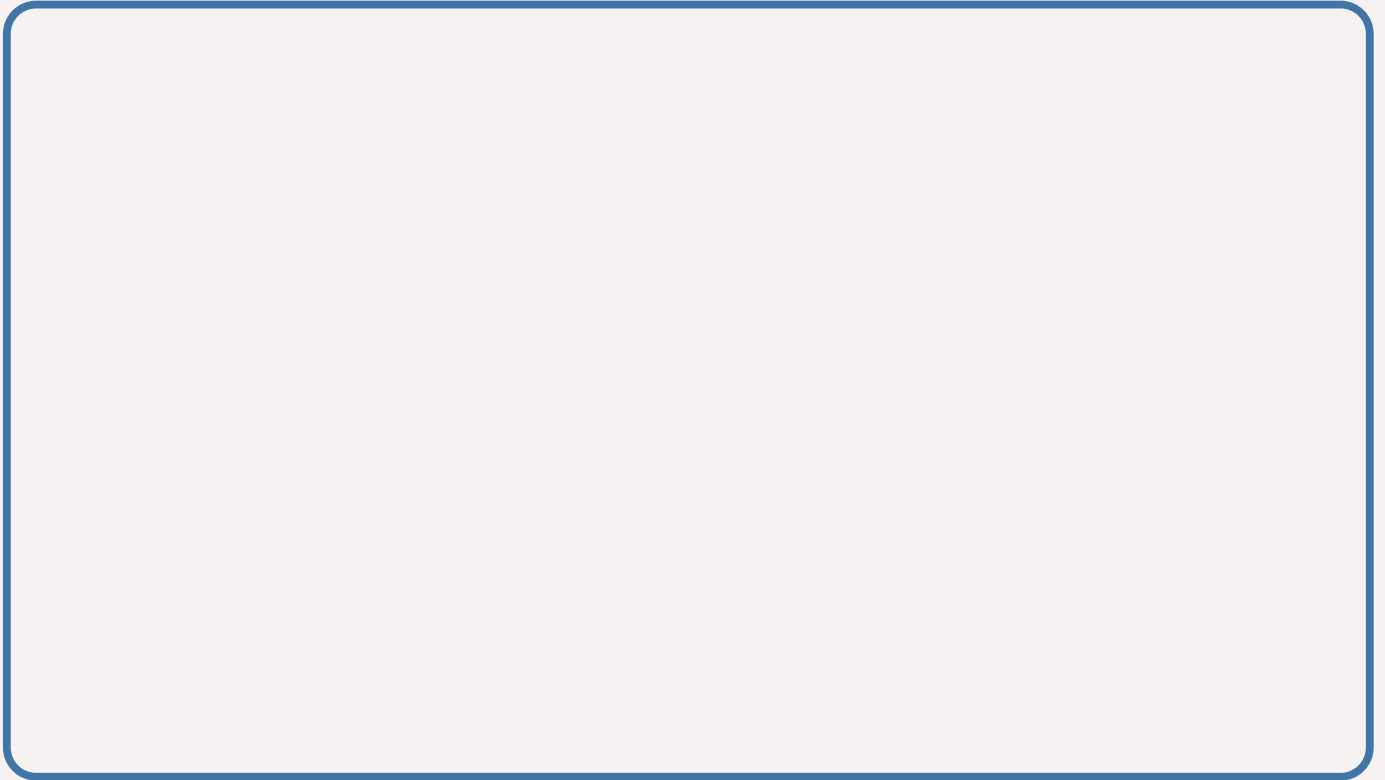


Thoughts I know are true, but I can't help from thinking are:

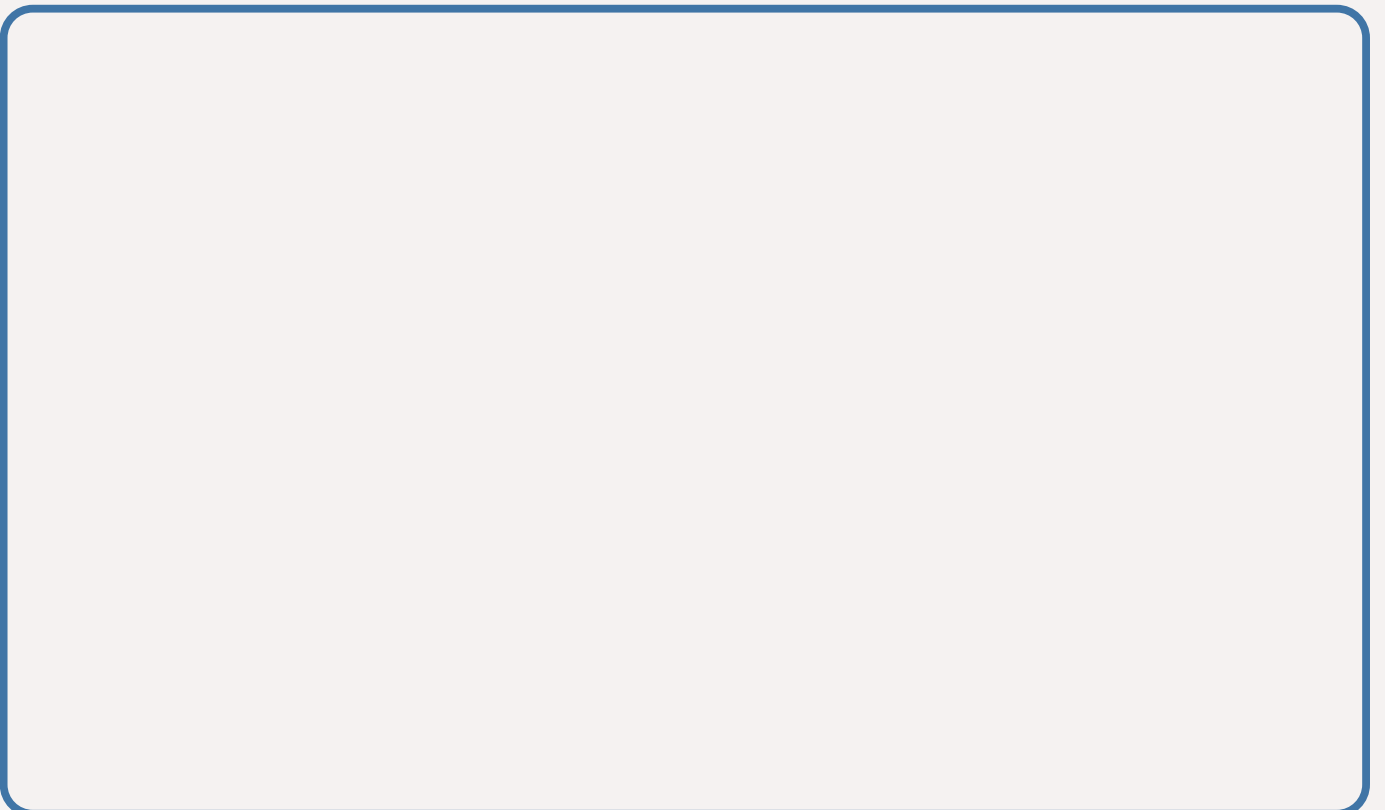


Today is: _____

I feel saddest when I remember....

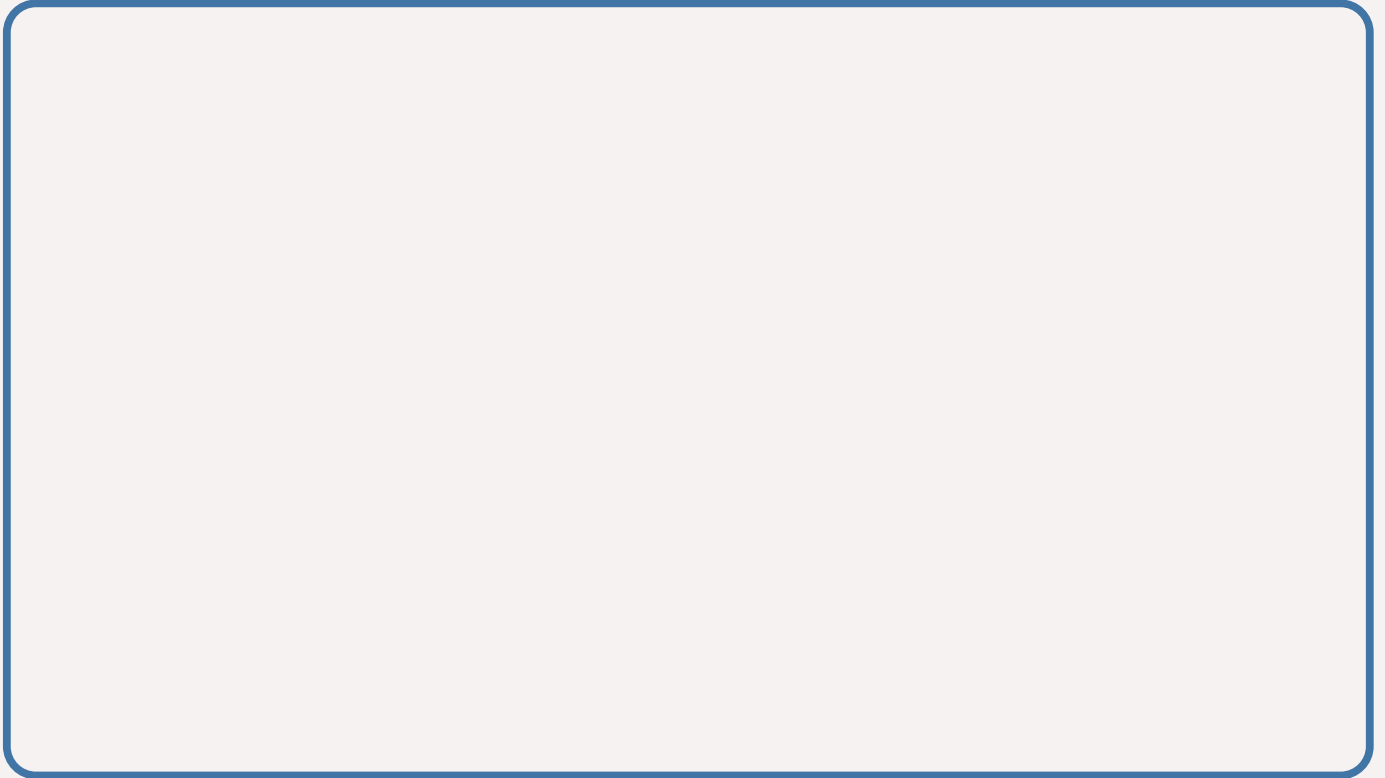


I feel happiest when I remember.....

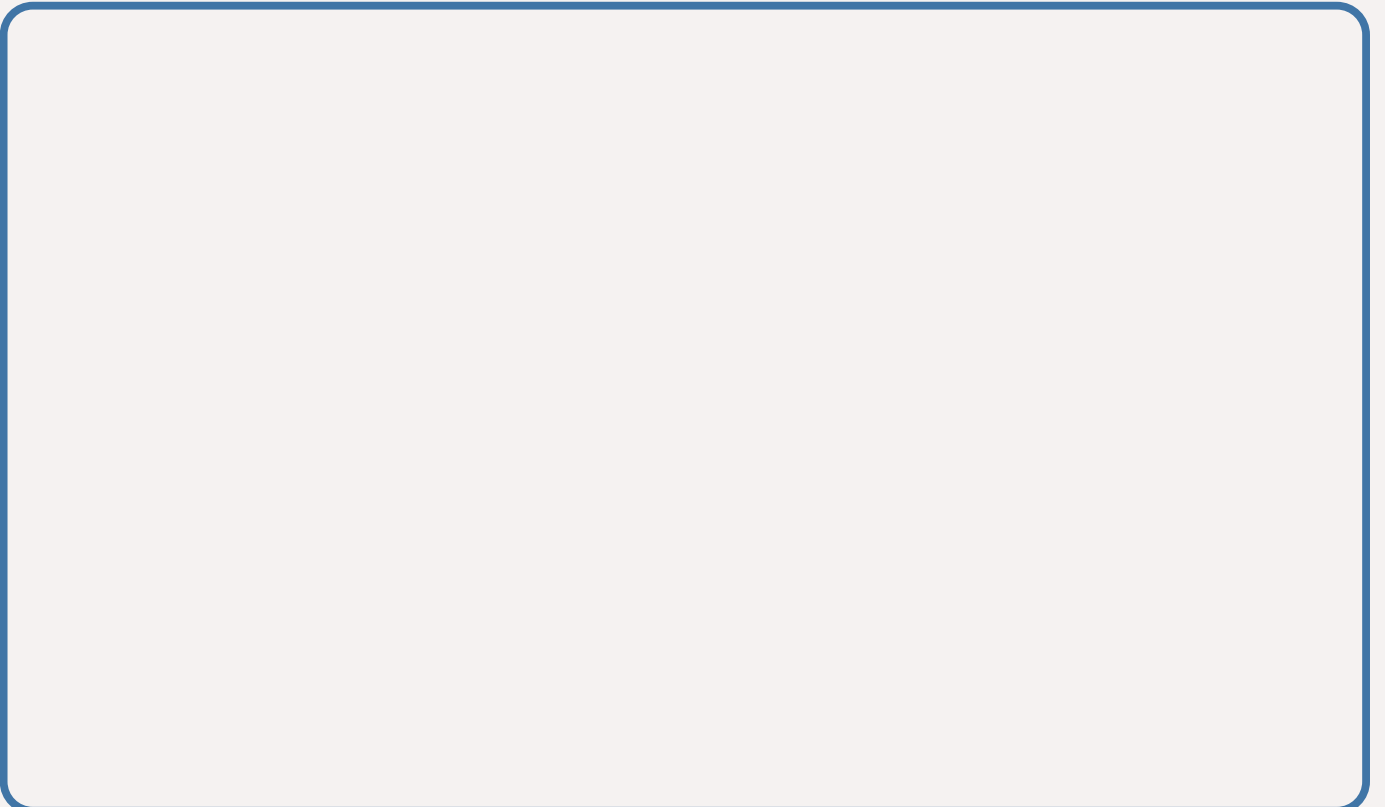


Today is: _____

List some ways you have been practicing self care:

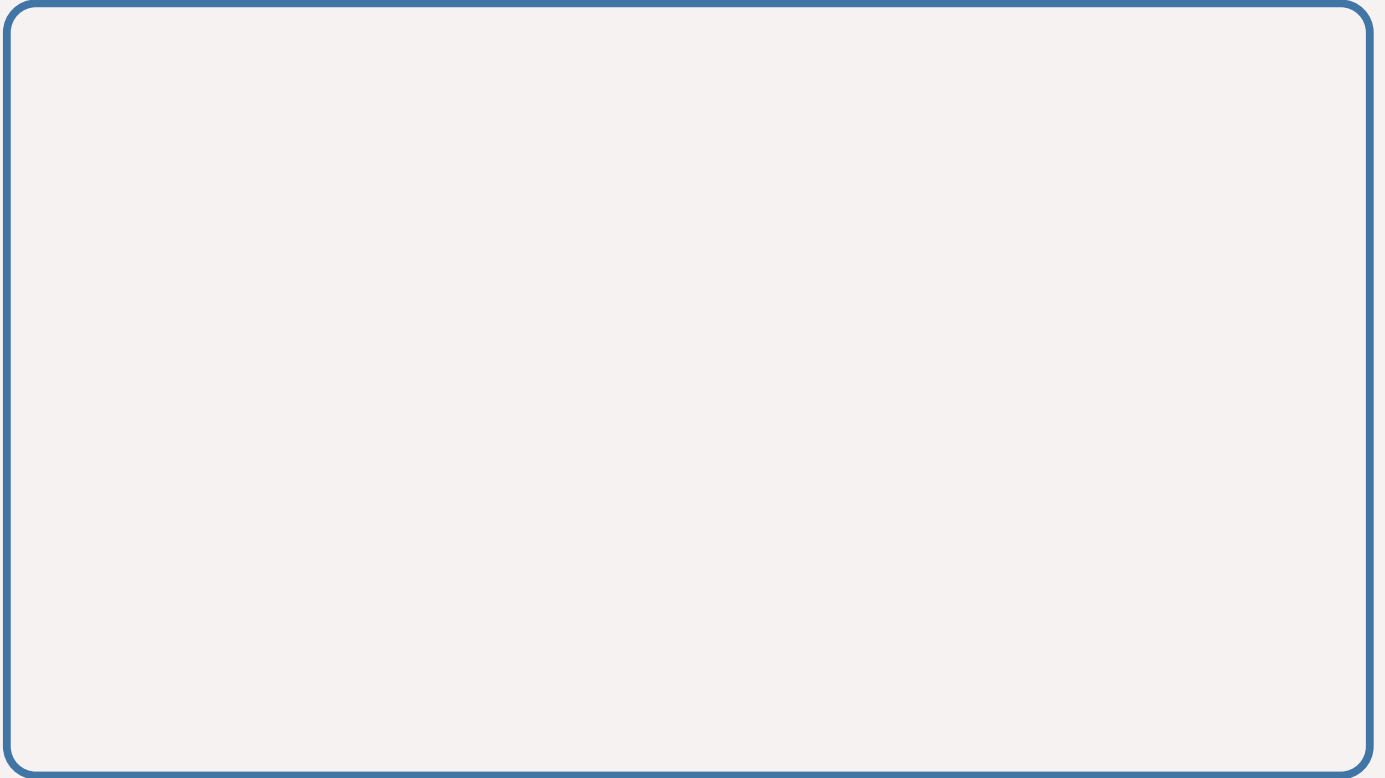


Who is your emotional support system?
How have they helped you heal?



Today is: _____

I could use more of...



I could use less of...



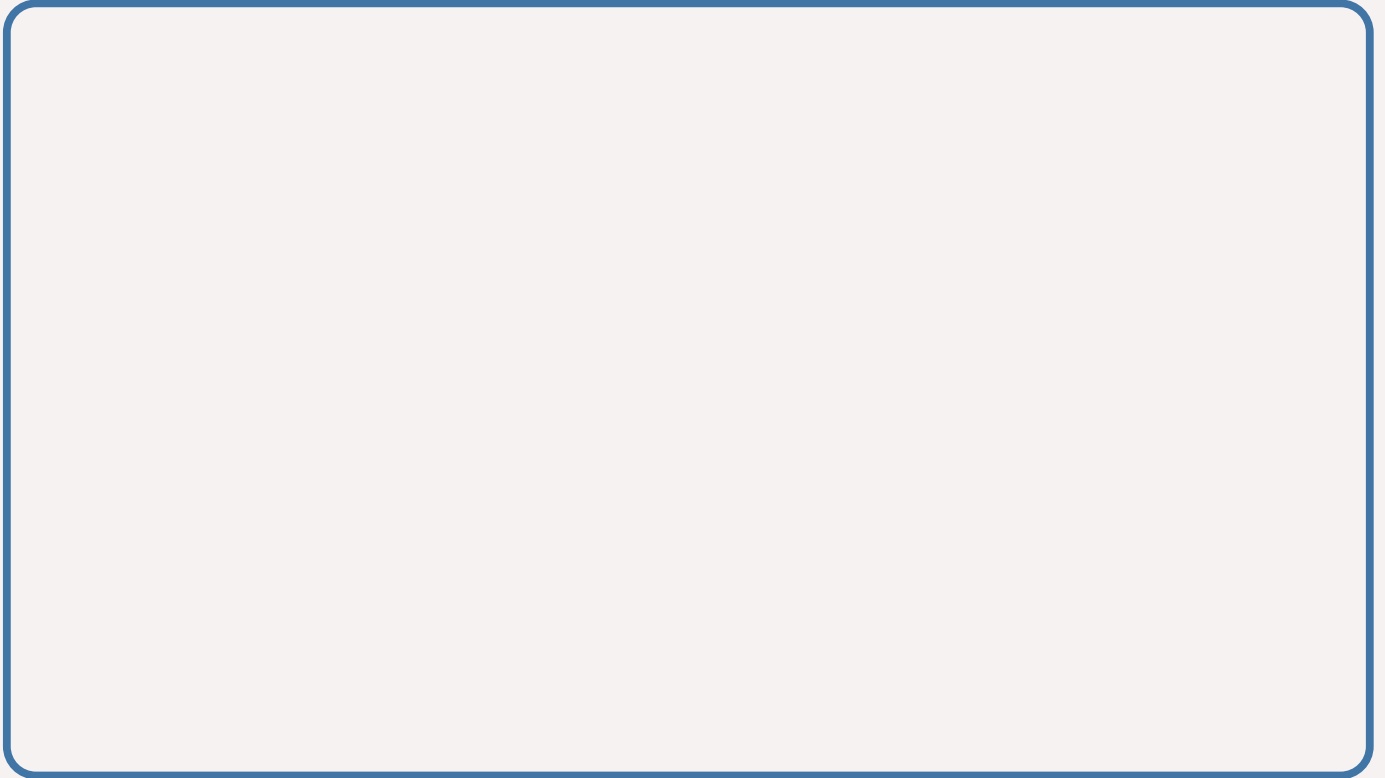
Today is: _____

The hardest time of day is...

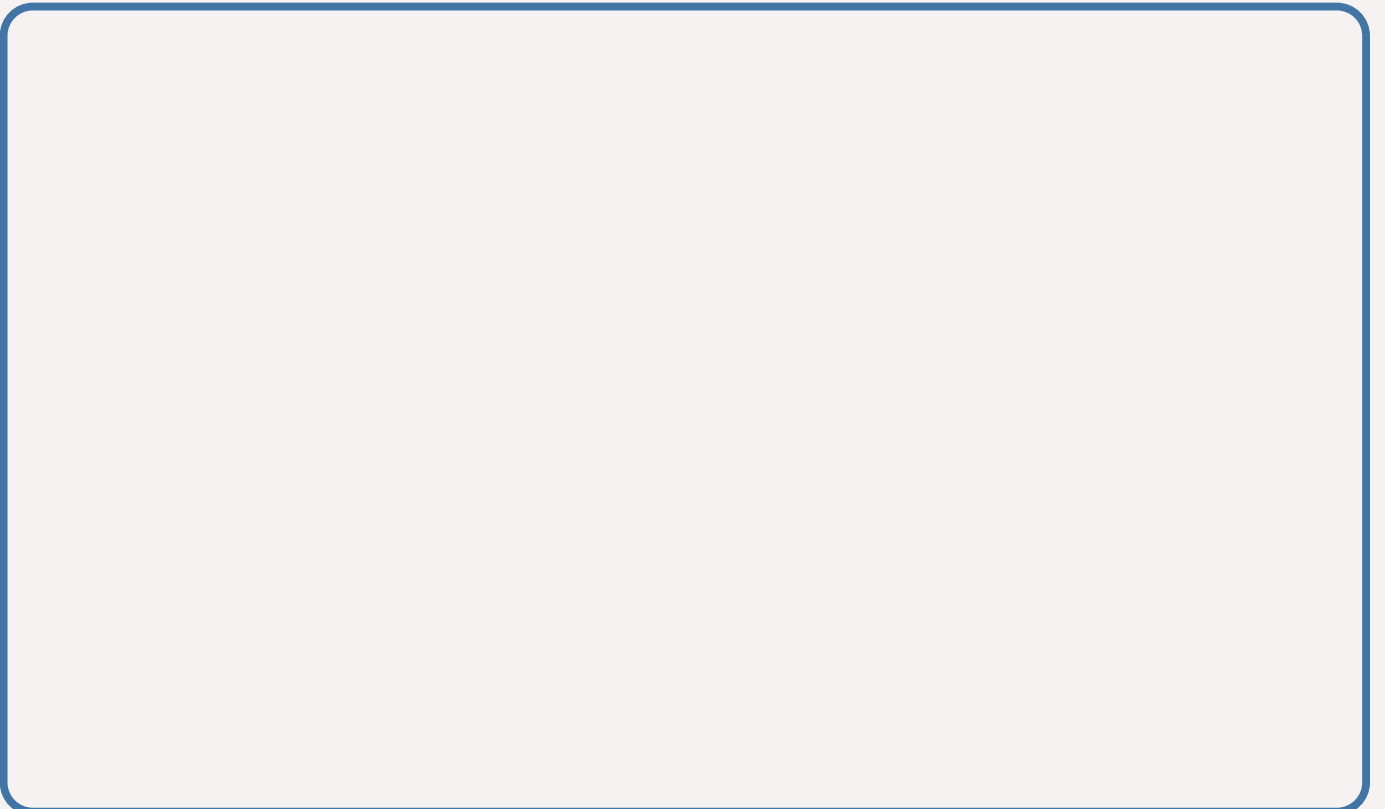
I have been feeling a lot of...

Today is: _____

To be more compassionate towards myself, I am willing to try...

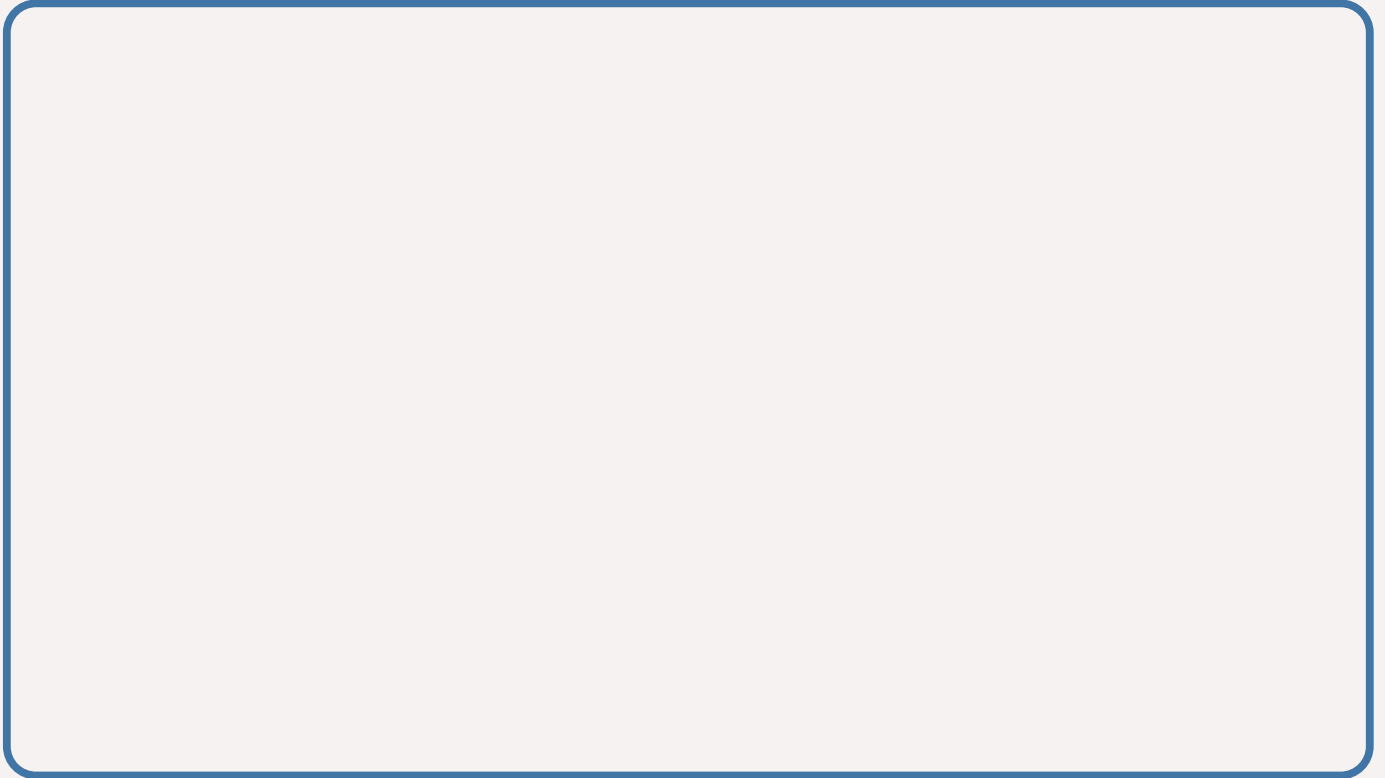


Whenever I start to feel overwhelmed by pain, regret,
guilt, or despair, I will...

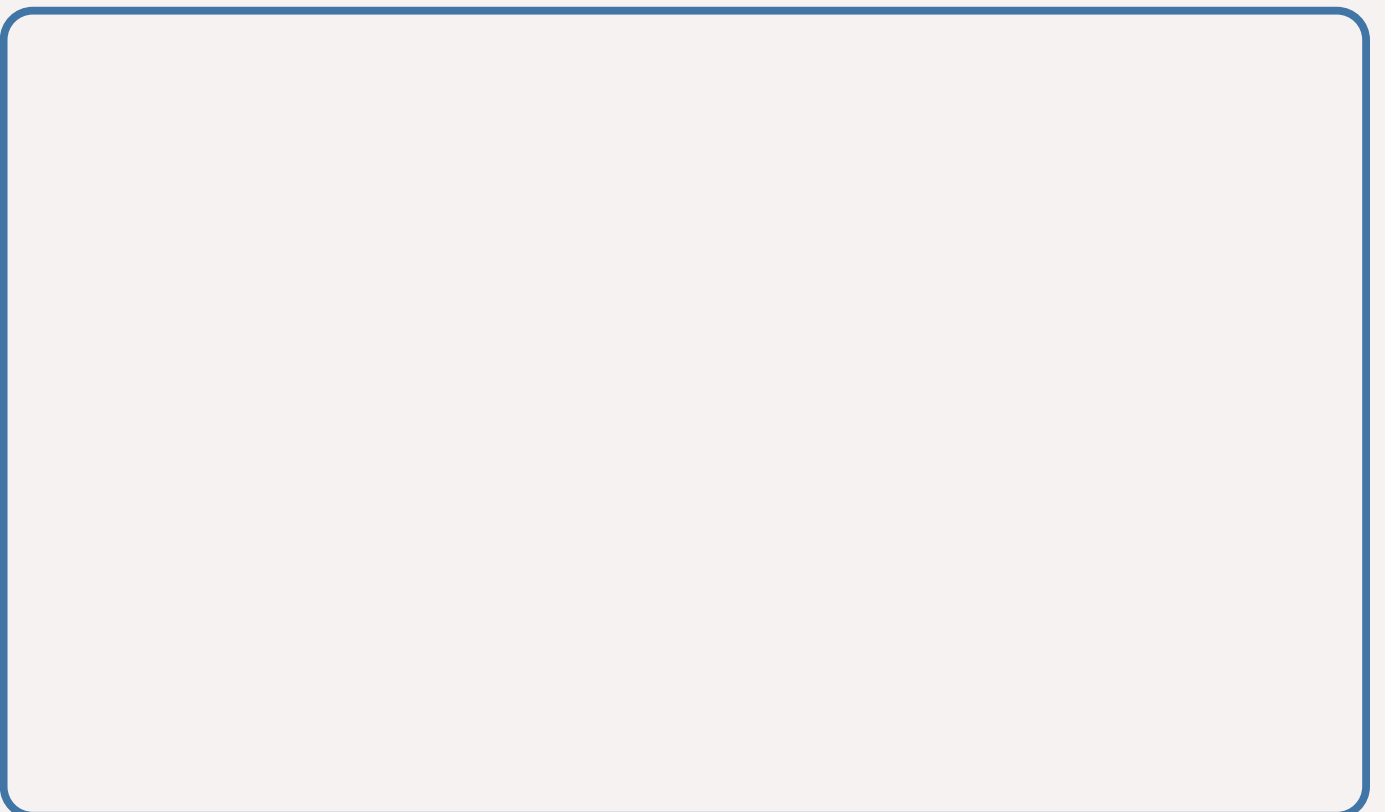


Today is: _____

I feel most connected to my baby when...



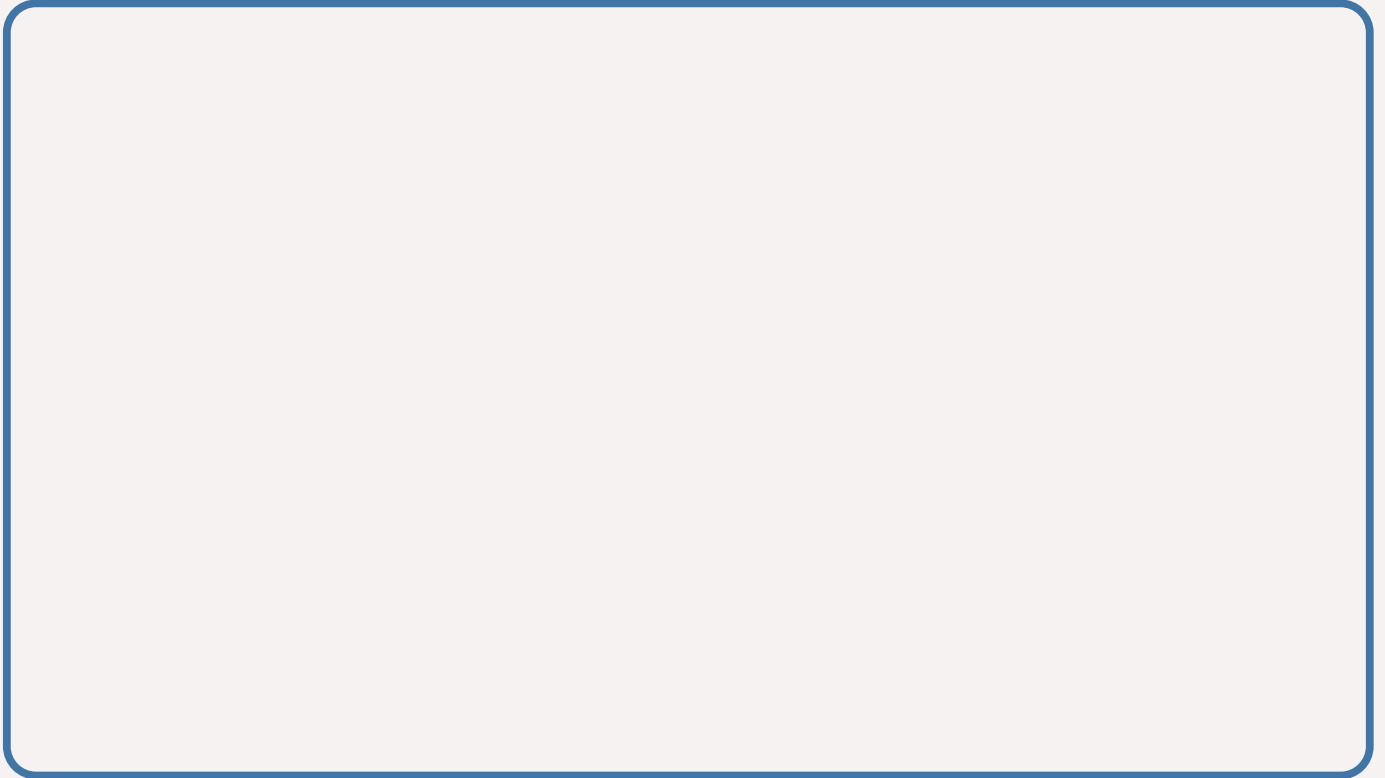
A comforting memory of my baby is...



Today is: _____

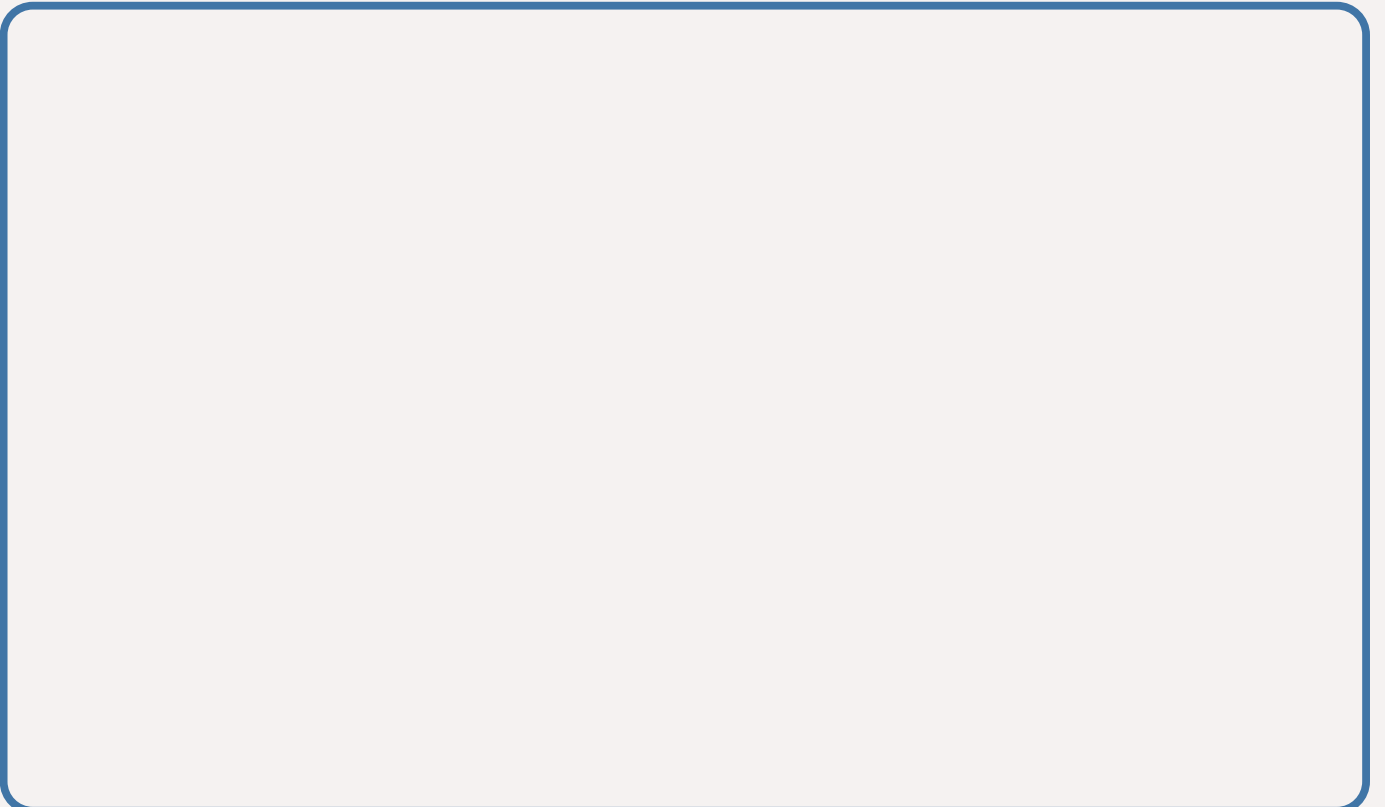
My favourite memory of my baby is when...

Describe how it makes you feel...



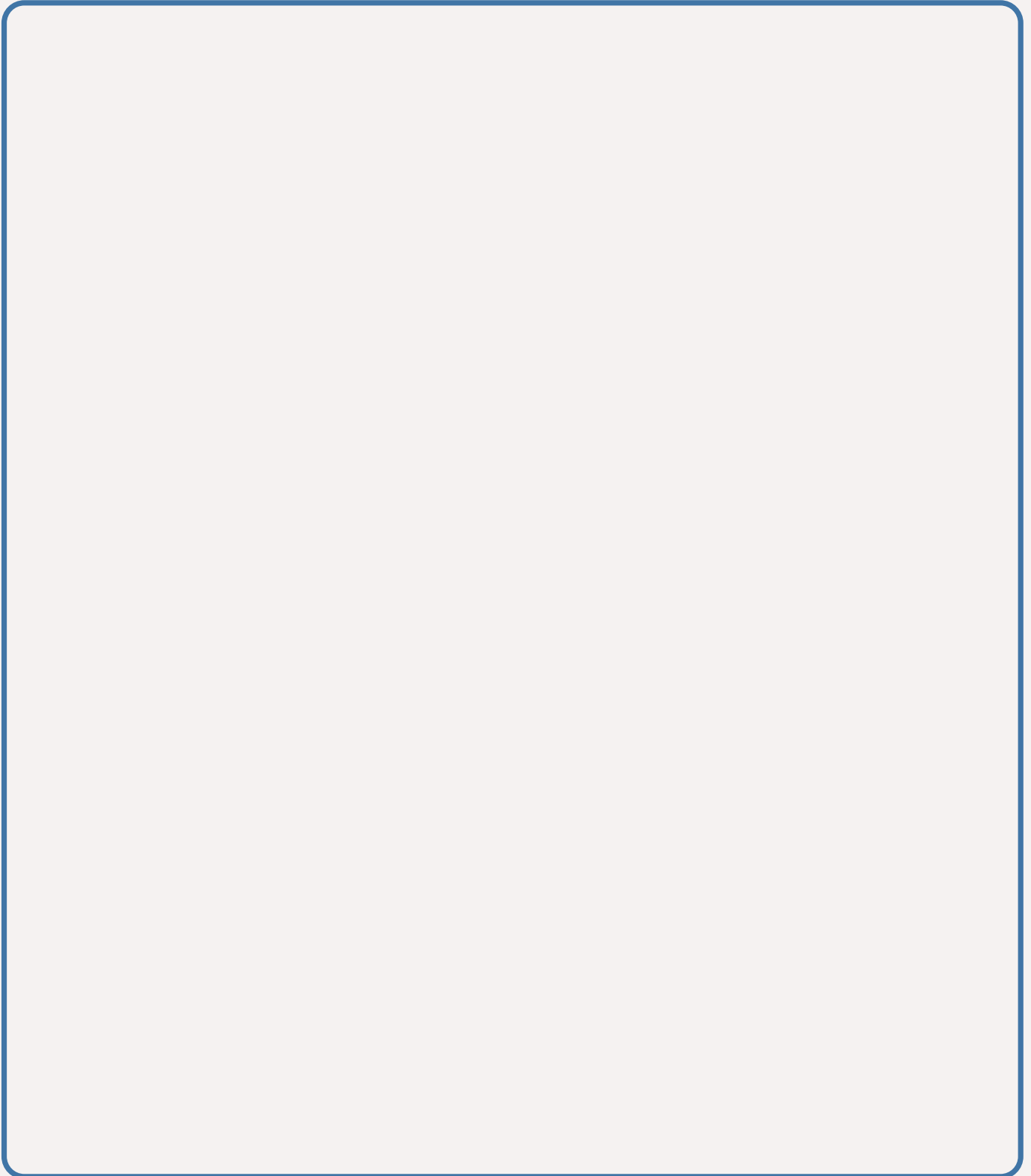
My most difficult memory of my baby is when...

Describe how it makes you feel...



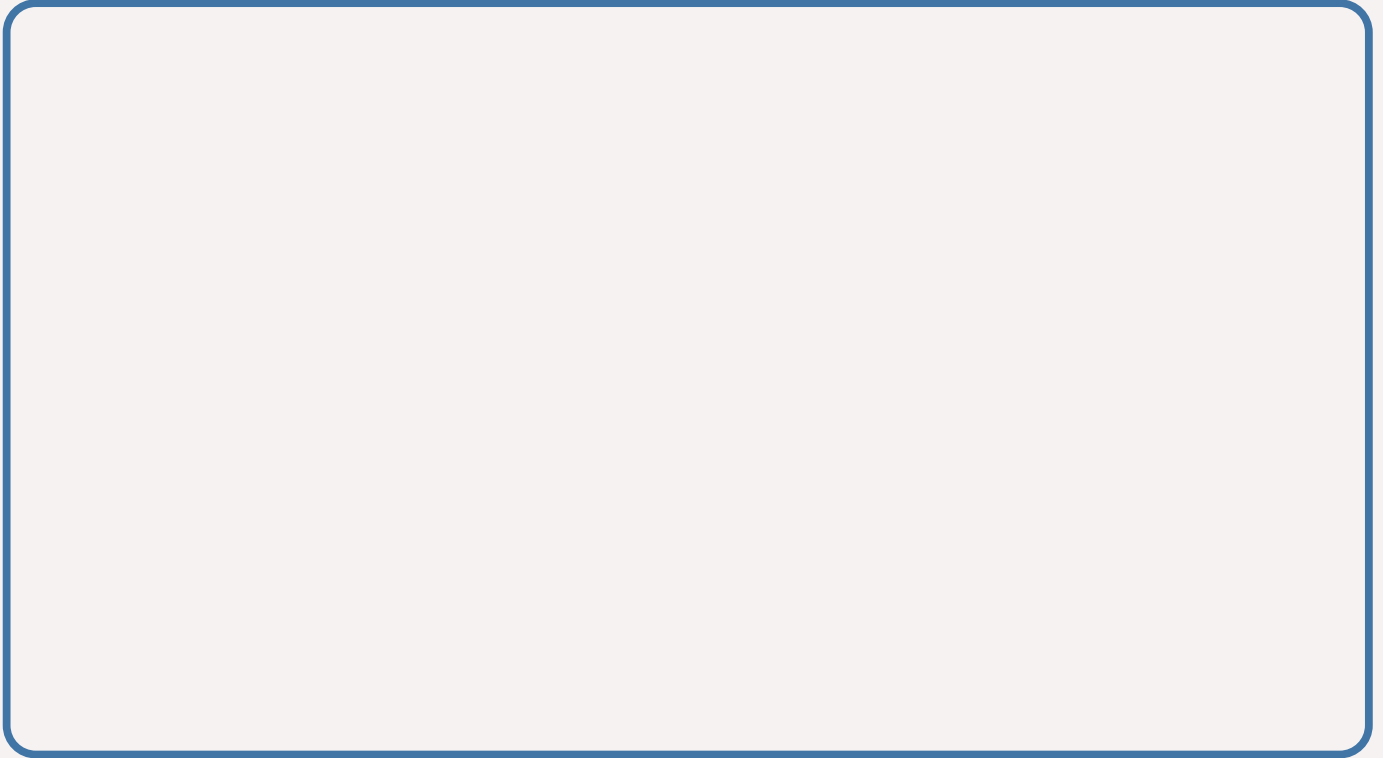
Today is: _____

Write a letter to yourself, Tell yourself how you have changed and grown since your loved one's death and the lessons you have learned;
Give your "past self" advice and words of encouragement.

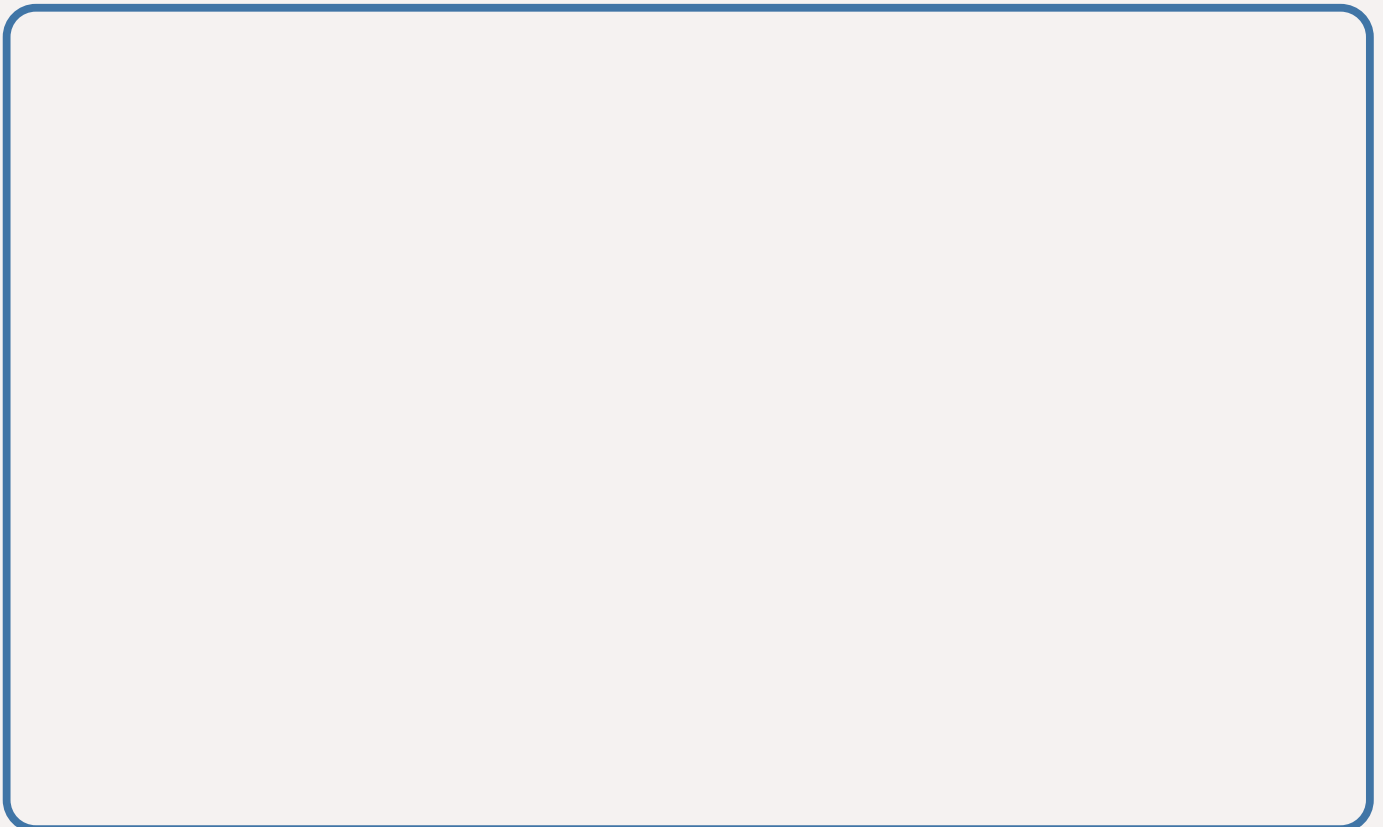


Today is: _____

Write about your worst day since the loss:..

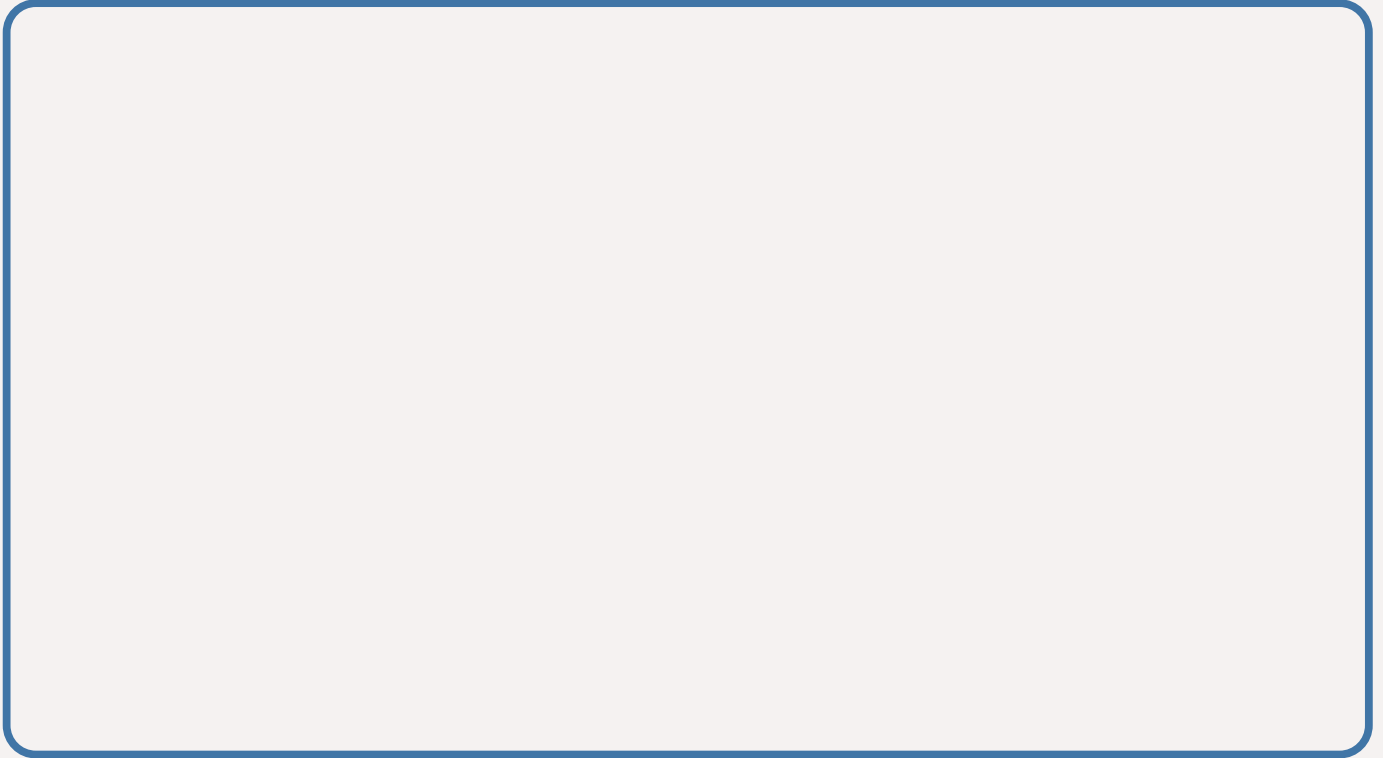


Write about your best day since the loss:..

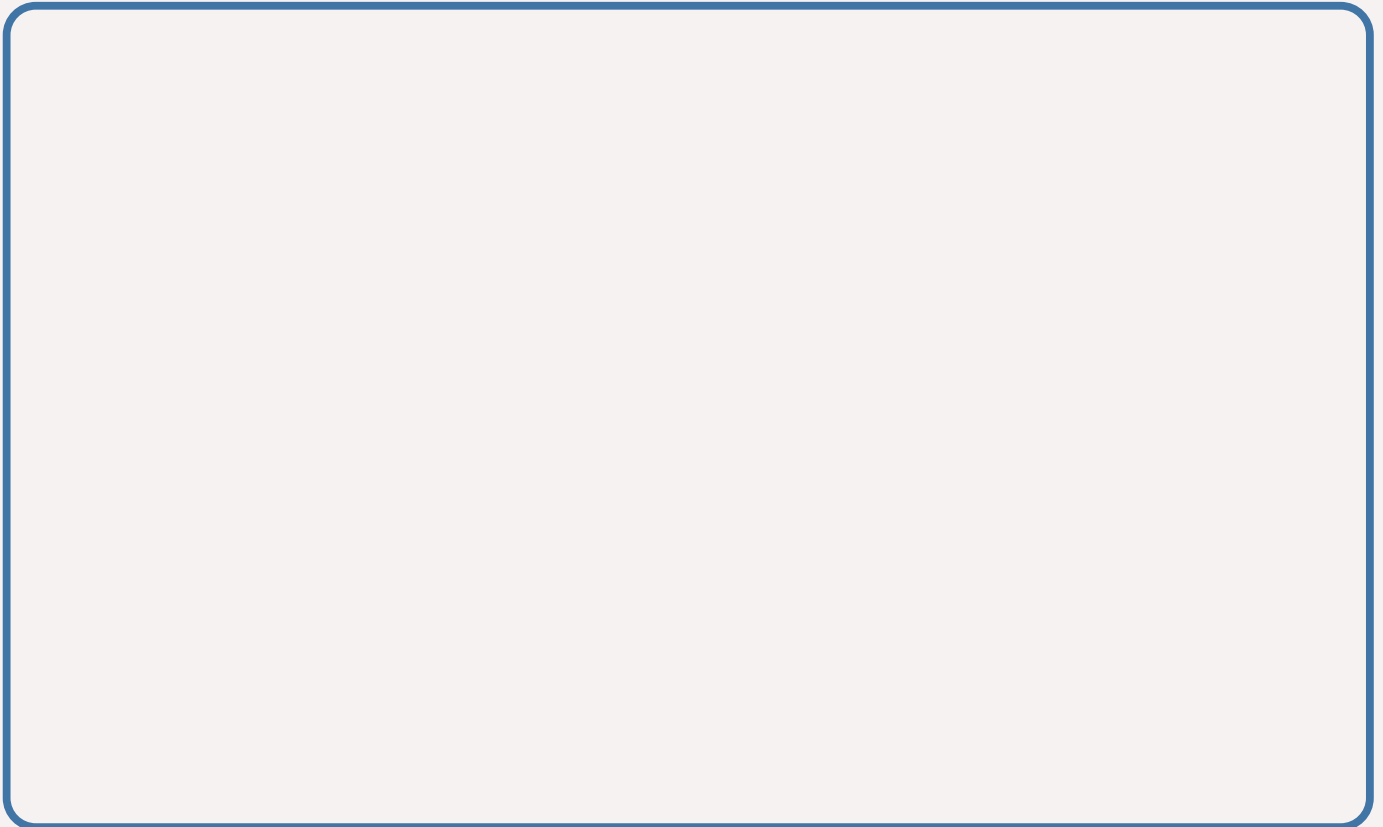


Today is: _____

What are you looking forward to?




What are you dreading?

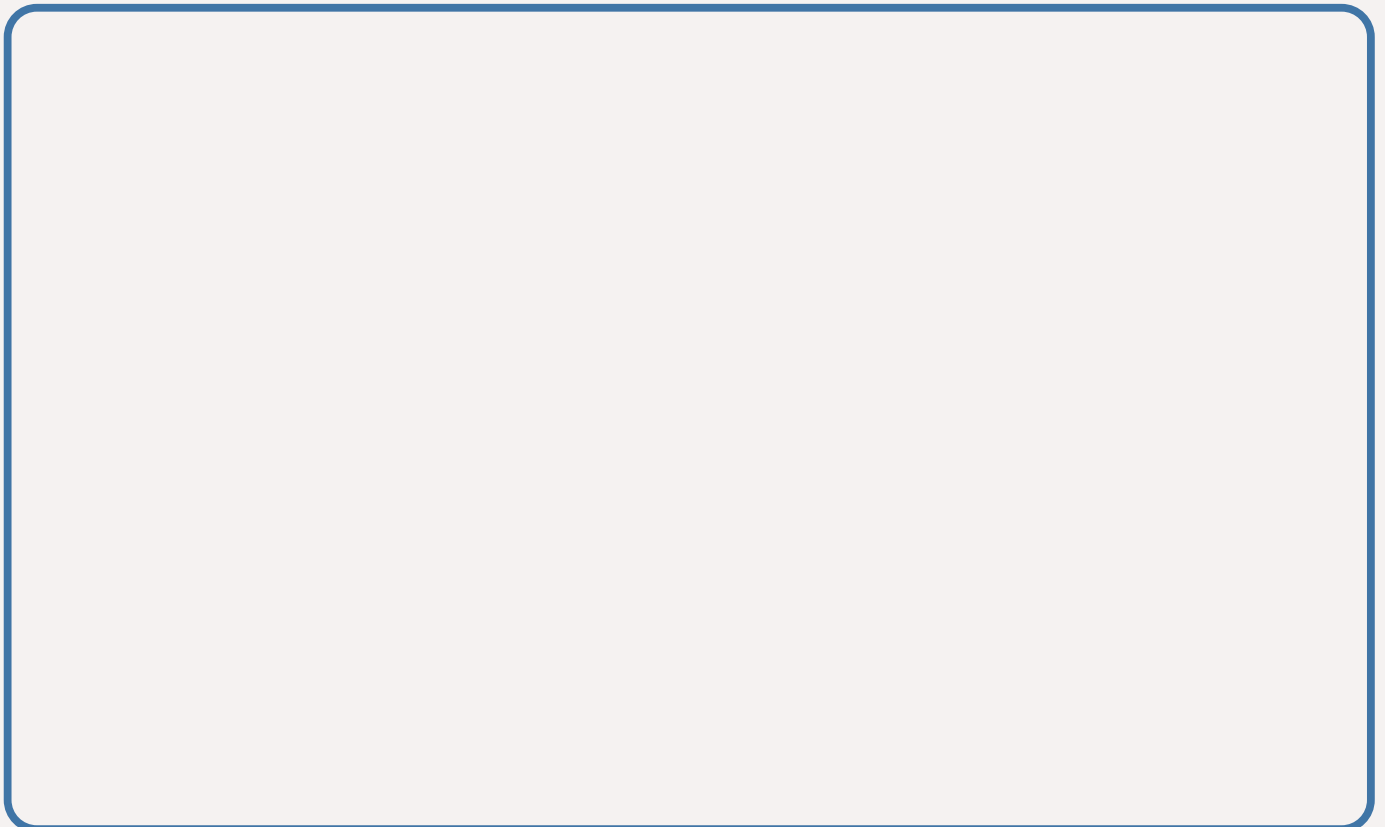


Today is: _____

If you could say anything to your baby, what would it be?

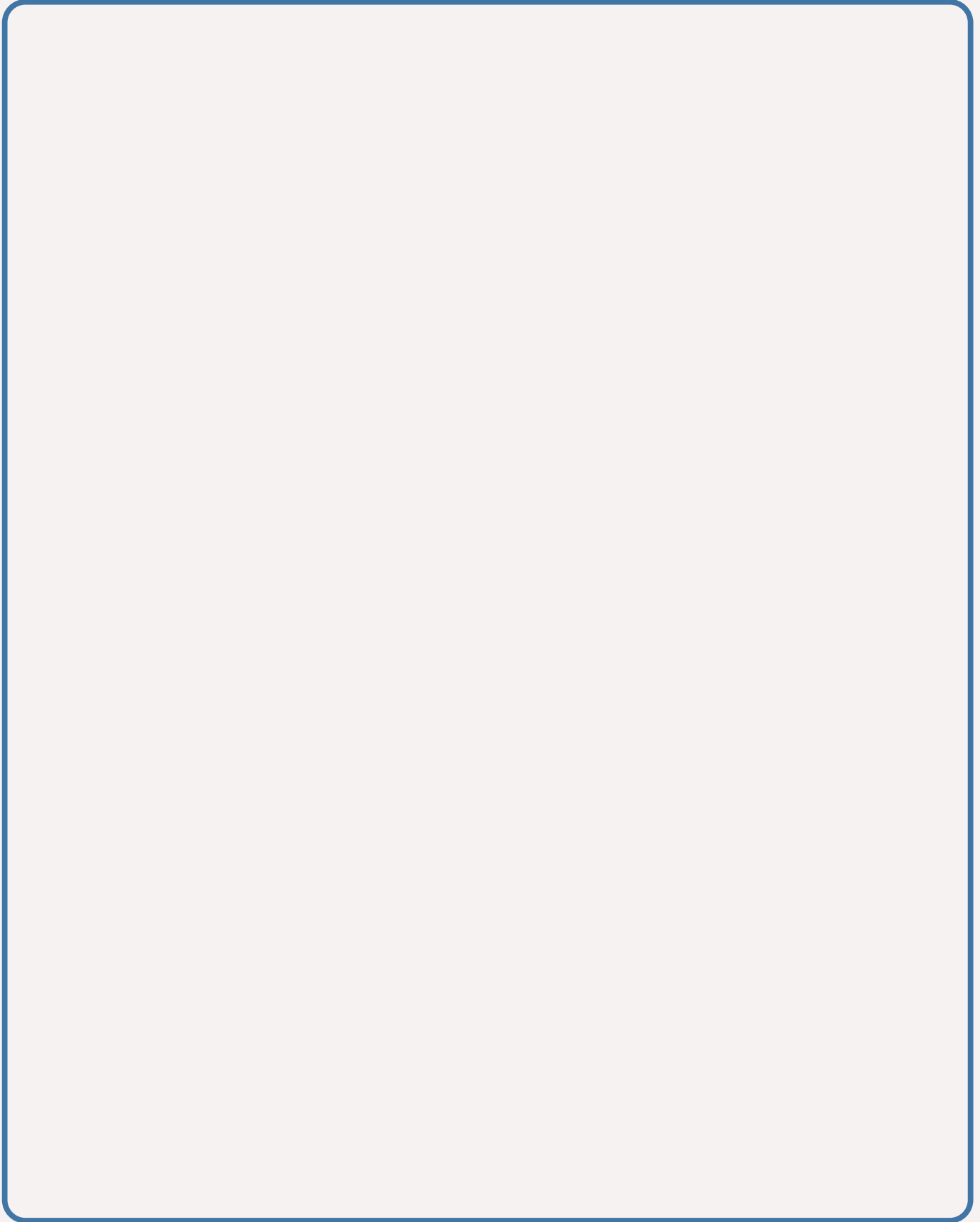


Some creative ways I've been trying to express my grief are:

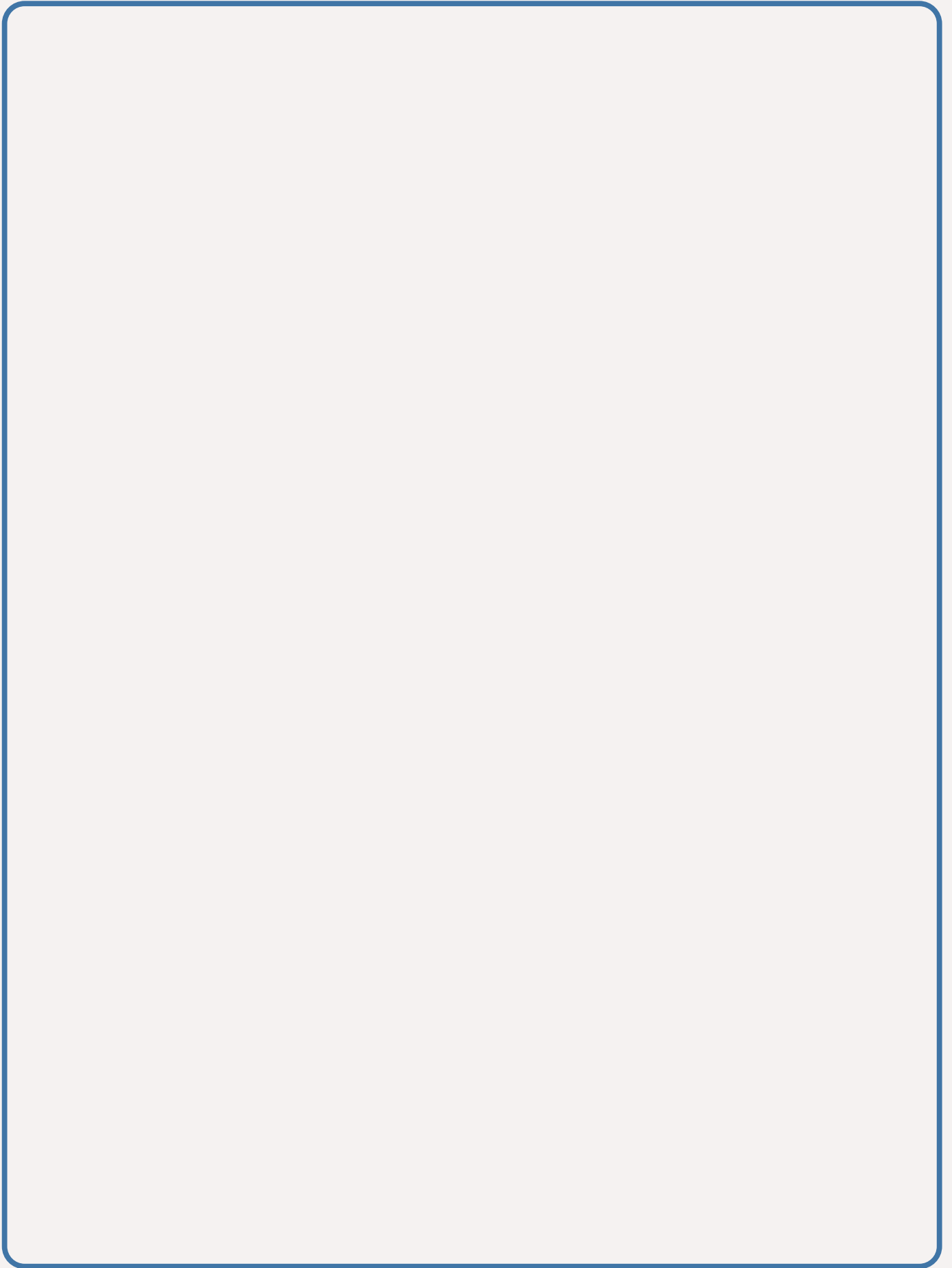


Today is: _____

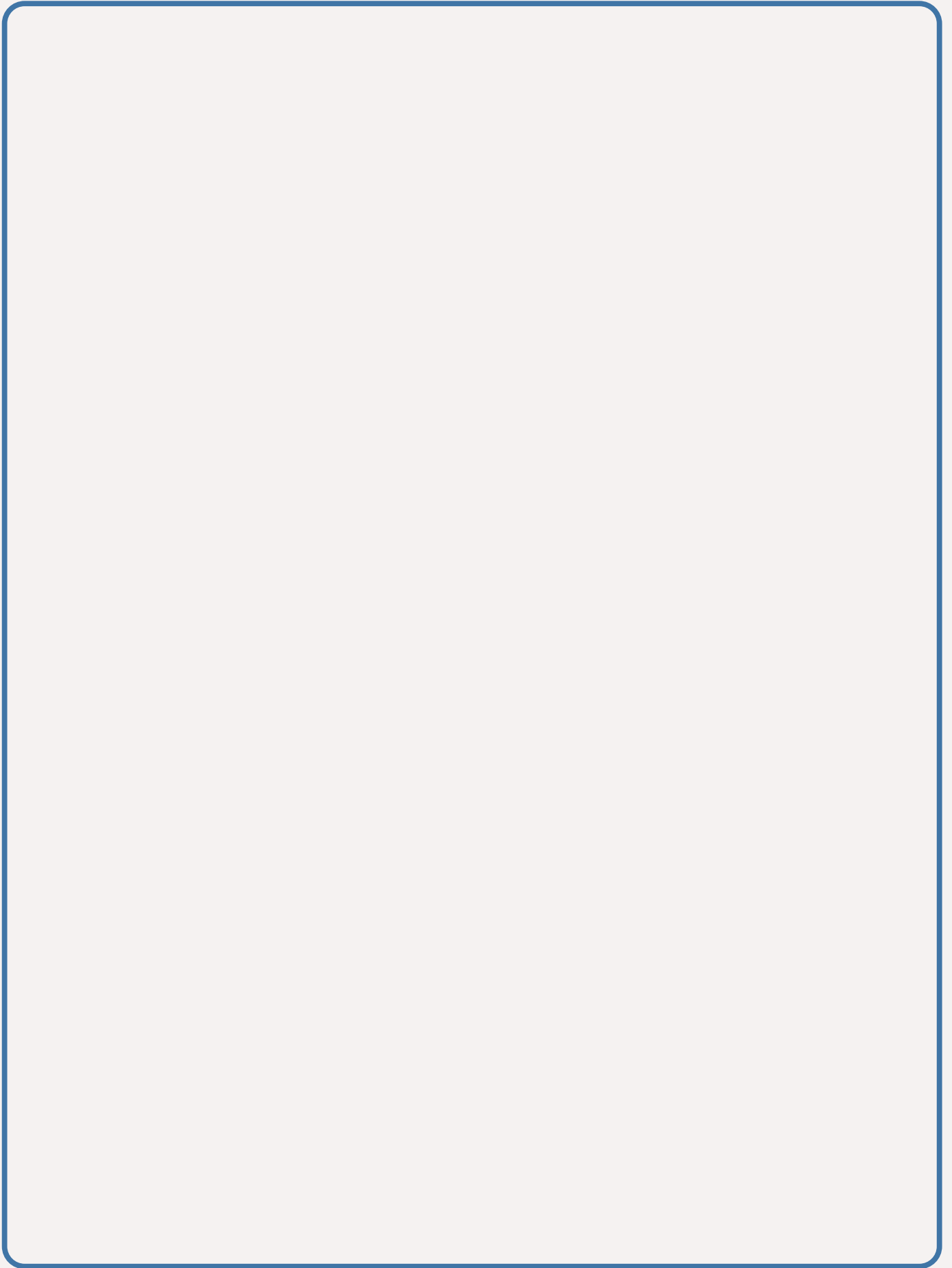
Write a love letter to your baby,
tell them things you never got to say to them:



Today is: _____



Today is: _____



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