

## *Journaling Through Your Grief*

Journaling can be incredibly healing for grieving parents. Here are some ideas of what you can write about as you process the devastating loss of your baby/babies. Please know that it is also imperative to seek the support of a trained professional to work through these difficult feelings.

- 9. I will never forget...
- 9. I found support through...
- 9. I deal with the pain of seeing babies or other pregnant moms by...
- 9. My baby/babies were so beautiful (describe his/her features)...
- 9. I release and process my grief by...
- 9. Things we did to say goodbye were...
- 9. My grief is different than my partners' or family's grief. I work through this by...
- 9. I will honor and remember my baby/babies by...
- 9. My favorite things about my time with my baby/babies were...
- 9. Write a letter to your baby/babies.
- 9. Write the details of your birth story.
- 9. I wish people knew that I needed...
- 9. The comments that have saddened or angered me are...
- 9. It hurts not getting support from...