



Deluxe Grief Journal

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Grief Work Diaries and Grief Work Journals are a recommended coping tool for exploring the grief cycle and emotions that arise after the loss of a loved one. When completed, grief diaries tell the story of daily life through the cycle of grieving, forever giving you a written account from your perspective.. Grief journals and diaries allow you to not only express the feelings that arise after death and loss, but to review your progress through the stages of grief. You need to take time to pause, reflect, and focus on yourself. It is important to express any feelings you may have during the grieving process. Grief work journals and grief work diaries allow you to record thoughts, emotions, and feelings that otherwise may be lost or overlooked. Death and loss can cause intense emotions. Many report feeling relieved or more at peace after expressing these feelings in a grief journal. Reflection through the process of grief is important. Reflecting on a previous state of mind allows you to understand how far you have come. The grief cycle is not always a fluid process, which makes frequent reflection all that more important. It is important to note the changes in mindset and yourself through your writing. _____ This 3 month deluxe grief journal features: - Daily mood tracker - Positive and negative tracker - Entry area - Thought provoking questions

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