

## **Bereaved Families of Cape Breton**

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### **Grief Journal**

Apart from the visual arts, writing can also be very therapeutic during your griefwork. Why? It helps you strive for understanding, to reach inside yourself to find hidden emotions. And once you draw them out and get them down on paper, it's done! Your mind can rest. It's kind of like writing a to-do or shopping list. Once you've written it down, it frees your mind of the task of trying to remember.

Many's the time that I sat down and wrote out my thoughts on paper when I was troubled. Anger and fear seemed to be the biggest motivators. After I wrote it all down, I felt much better. I almost never gave the letter to the target person. That was not the purpose, and should not be your purpose in keeping a grief journal.

Yes, keeping a grief journal can be very cathartic (cleansing) during your days of grief and sadness.

Buy a nice bound journal book to keep your daily thoughts and doodles in. You can find them at office supply stores, or even the supermarket. Set aside just 15 minutes a day, either in the morning or before going to bed at night. Date each entry.

Don't worry about grammar or spelling, or neatness. Just spill your thoughts onto the paper. It's best to do a grief journal written in longhand rather than typed on a computer, as it gives you more time to think and is more personal and warm in feel.

Write for your eyes only, and store your journal in a safe place. When you write privately, you can express yourself freely, putting voice to your most vivid and complicated emotions without worrying about what anyone else might think. This is your own private connection to your heart and soul. And it's between you and your lost one... and no one else.

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