

A GRIEF in Action Journaling Exercise

Meaning, Integration, & Carrying GRIEF Forward

Healing does not mean forgetting or erasing GRIEF. It means integrating what happened into your life without allowing it to define or dominate you.

This final exercise invites you to reflect on what GRIEF has shaped, taught, or clarified—and how you will carry it forward with intention rather than weight.

Begin here:

One way this experience has changed how I see life, people, or myself is:

What feels important to carry forward—and what feels ready to be set down?

Living With Integration, Not Weight

Integration allows GRIEF to inform your life without imprisoning it. The prompts below help you define how GRIEF fits into your future—not as a burden, but as part of your story.

How do I want this experience to influence how I live, lead, love, or relate?

What boundaries, practices, or supports help me carry GRIEF with care?

If I could describe my relationship with GRIEF moving forward, I would say:

You are not moving on from GRIEF. You are moving forward with wisdom, compassion, and choice.

If this exercise brought clarity, your journey does not end here.

Continue your healing with the Invisible GRIEF Mini-Ebook and additional GRIEF in Action tools at www.griefxtalk.com.