

A GRIEF in Action Journaling Exercise

Identity Restoration & Reclaiming Self

Loss and trauma can distort identity, causing us to see ourselves only through what happened, what was lost, or how we were changed. Identity Restoration is not about returning to who you were—it is about reclaiming who you are beneath the wound.

This exercise invites you to begin separating your identity from the loss and to notice what has remained intact, resilient, and worthy throughout your experience.

Begin here:

When I think about myself today, I most often describe myself as:

Parts of me that survived the loss—even when I doubted them—are:

Reclaiming What Is Still True

Restoration does not erase GRIEF. It allows truth to expand beyond it. The prompts below help you identify identity that exists beyond pain.

What qualities, values, or strengths have remained consistent throughout my story?

In what ways have I already begun reclaiming myself, even quietly?

If I were to define myself without referencing the loss, I would say:

You are not your loss. You are the one who endured it—and still exists beyond it.

If this exercise surfaced something meaningful, deeper restoration is possible.

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