

A GRIEF in Action Journaling Exercise

Shame, Silence, or Anger

When GRIEF is not acknowledged, it often changes form. What we cannot express openly may turn inward as shame, settle quietly as silence, or surface forcefully as anger. None of these responses are failures. They are signals.

This exercise invites you to explore how unacknowledged GRIEF may be expressing itself in you. There is no need to censor your answers. Let honesty come before explanation.

Begin here:

When I think about what I've been through, the emotion I experience most often is:

I notice this emotion showing up when...

Listening Beneath the Surface

Shame, silence, and anger often protect something tender beneath them. Use the prompts below to gently listen to what may be asking for attention.

If this emotion could speak honestly, what would it say it is protecting me from?

What did I need at the time of my loss that I did not receive?

What would it look like to give myself permission to feel this without judgment?

You are not broken because of how your emotions show up. They are adaptations formed in response to what you had to carry alone.

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

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