

ACTIVITY: JOURNALLING

Write about *anything* that you want but if you feel stuck, here are some statements and questions to get you started. Don't judge what you are writing, don't worry about spelling or grammar—**JUST WRITE** (like art, it's the process *not* the product that matters)! If you don't want to write- respond with paint, collage, words, poetry, smudges, finger-paint...

Why?: Not everyone feels like writing about their feelings but keeping a journal can be a good way to have an outlet for all of the feelings and thoughts that come up and can feel overwhelming. It can also be a good way to know that the intensity of your feelings is slowly changing. You may not notice hour-to-hour or day-to-day but when you look back in your journal, you can often begin to see that slowly, things are changing...

- One of the things I miss the most is...
- I really regret not having the chance to tell you...
- Sometimes I find myself imagining that if things were different, your death might not have happened...
- So much has changed since you've been gone...
- I wish we had had more time together to...
- I wish you could tell me what your death was like, what really happened. I think you'd say...
- I worry about forgetting things about you or that other people will forget... These are the things I want to remember...
- Sometimes I swear that I can physically feel the pain of your death, and this is where and how I feel it in my body...
- I often feel like I can't show how I am really feeling on the inside. It's like wearing a mask—on the outside I show... but on the inside it looks like...
- I find it hard to sleep sometimes. What keeps me awake is thinking about...
- I have moments where I forget that you are gone ...
- I have found other writing, lyrics, quotes, images that I can really identify with. I have written/glued some of them here...
- Now that you are gone, I find myself wondering what happens to people when they die. I wonder ...
- I know that no one is perfect and sometimes I think about the time...
- I have a hard time visiting _____ because it reminds me of ...
- I feel angry that/about...
- If we had one more day together, I would want to...
- People tell me that I remind them of you. They say _____ It makes me feel...
- I have been surprised by the responses of people and the things (helpful and not helpful) people have said to me since you died...
- School/work is challenging right now...
- If you were here, I know that you would tell me ...
- You would be proud of me for ...