

HOLIDAY GRIEF

JOURNAL PROMPTS

*Tenderness in a season that
remembers everything.*

A Gentle Note Before You Begin

Holidays can feel especially tender after loss. These prompts help you navigate the memories, emotions, expectations, and “firsts” that surface during festive seasons — with gentleness, grounding, and truth.

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Grieve. Go. Grow

Part 1 — Naming Holiday Emotions & Expectations

1. What emotions arise as I think about the upcoming holiday season?
2. What part of the holidays feels the heaviest this year?
3. What expectations am I carrying (from myself or others)?
4. What would a pressure-free holiday look like for me?
5. What do I need most emotionally during the holidays?

Part 2 — Holding Memories & Meaning

1. What holiday memories of my loved one feel comforting?
2. What memories feel painful or overwhelming?
3. How would I honor them gently during this season?
4. What traditions do I miss the most?
5. What meaning did holidays hold before my loss — and what meaning do they hold now?

Part 3 — Firsts, Dates & Tender Moments

1. What “first” am I navigating this holiday season?
2. What part of this first feels the most intimidating?
3. What support or comfort could help me through it?
4. What emotions do holidays amplify for me?
5. What does my heart need when this date comes around?

Part 4 — Reimagining Traditions

1. What old traditions feel painful or misaligned now?
2. What traditions still bring comfort, warmth, or meaning?
3. What new ritual could help me feel grounded this year?
4. What would a holiday look like if I designed it purely around my needs?
5. What small moment of peace would I love to create?

Part 5 — Navigating Family, Social Energy & Boundaries

1. What social situations feel supportive during the holidays?
2. What situations feel draining or overwhelming?
3. What boundaries would help protect my emotional energy?
4. How can I communicate my needs without guilt?
5. Who helps me feel safe, seen, or understood?

Part 6 — Healing, Presence & Self-Compassion

1. What small joys am I open to noticing this season?
2. What would it look like to give myself permission to feel everything — without pressure?
3. What has grief taught me about love during the holidays?
4. What intention do I want to hold as I move through this season?
5. What does it mean, for me, to honor both grief and hope?

