

# GriefPlan.com

with Dr. Jason Troyer



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## Healing by Writing

Writing is a key strategy for processing your grief and sharing your grief story. Here are some tips for healing by writing.

- Don't worry about grammar, spelling, or writing mechanics.
- It may be helpful to have a consistent place and time to write
- Lists, doodles and pictures, and other random writing/drawing is fine.
- Typing OR handwriting is fine.
- Write about whatever comes to mind.

**I provide recommendations for grief journals on my website at [www.griefplan.com/grief-journals/](http://www.griefplan.com/grief-journals/)**

### Topics to write about regarding healing:

- Write about your relationship with your loved one. A favorite memory, a regret, a key moment.
- Write about dealing with your loved one's death and learning about their loss.
- Write about what you'd like to share with them.
- Write about your loved one's funeral or memorial service. What did you like about it? What didn't you like? What did you learn about your loved one you didn't know?
- What are your key feelings regarding your loss? Are you experiencing any of these emotions: anger, regret, relief, sadness, guilt, etc.