



A GENTLE
— JOURNEY —

With
GRIEF

A Workbook for Healing,
One Step at a Time

LogansVoice.org

A Gentle Journey With Grief

Reflections for Learning to Carry Grief, Honor Love, and Make
Space for Healing at Your Own Pace



There is no timeline for grief.

There is no finish line.

No right way to do this.

No schedule you are supposed to follow.

This workbook is not meant to rush healing or tell you how to grieve.

It is simply a companion.

A place to pause.

A place to remember.

A place to feel.

A place to carry both sorrow and love.

Move through these reflections in your own time.

Some people may spend weeks with one section.

Others may revisit the same pages again and again.

There is no wrong way to walk beside grief.

This workbook is intended to be a gentle companion for reflection, self-exploration, and personal healing. It is designed to encourage thought, provide space for emotional expression, and support your grief journey through guided prompts and reflection. This workbook is not a substitute for professional counseling, therapy, medical care, or mental health treatment. If you are struggling, feeling overwhelmed, or believe you need additional support, please reach out to a licensed counselor, grief specialist, or mental health professional.

If you are unsure where to begin, resources and support options can be found at LogansVoice.org/resources.

Throughout this workbook, you will find QR codes connected to each section. These codes link to short companion videos that provide deeper discussion, personal reflection, and additional guidance for the topics explored on each page. Simply scan the QR code with your phone or device to access these videos and continue the conversation in a more personal and supportive way.

Carrying the Weight



Grief often lives in places words struggle to reach.

Before healing can happen, we must first allow ourselves to notice what we are carrying.

What does grief feel like in my body today?

What part of this loss feels hardest right now?

What emotions am I carrying that I haven't spoken out loud?

What do I wish people understood about my grief?

What feels heavy that I haven't allowed myself to say?

Remembering

Love does not disappear. Memory becomes a place where connection continues.



What memory makes me smile, even through tears?

What was something uniquely “them”?

What did they love most?

What small moment means more to me now than it did at the time?

What would I want the world to know about them?

What do I miss most about their presence?

The Hard Days

Some days feel manageable. Some feel impossible. Both are part of grief.



What triggers or activates my grief the most?

What moments catch me off guard?

What do I struggle with during birthdays, holidays, or anniversaries?

What do I carry silently?

What do I wish I could say to my person today?

What feels hardest to explain to others?

Who I Am Now

Loss changes us. This section invites reflection on who you are becoming.



How has grief changed me?

What parts of me feel different now?

What do I miss about who I was before loss?

What strengths have I discovered in myself?

What parts of me feel stronger?

What parts of me still feel fragile?

Healing and Carrying Love Forward

Healing does not mean forgetting. It means learning how to carry love differently.



What brings me comfort?

Where do I still find moments of peace?

What rituals help me feel connected?

What would my loved one want for me?

What does healing mean to me?

What small act of kindness could I give myself today?

Learning to Carry Grief

Grief does not disappear. But we learn how to carry it.



What does carrying grief look like for me today?

What have I learned about grief that surprised me?

What parts of grief feel softer than they once did?

What would it mean to stop fighting grief and walk beside it instead?

How has grief changed the way I understand love?

What am I still learning about myself through grief?

Making Space for Joy

Joy and grief can exist together. You do not have to choose one or the other. Joy does not replace grief. Joy does not mean you forgot. Joy is proof that love still lives inside you.



When was the last time I laughed without guilt?

What moments still bring me peace?

What makes me feel guilty about joy?

What would my loved one want for me?

What would it feel like to allow joy without apology?

Where do I still see beauty, even in grief?

When Words Feel Hard

Some days grief leaves us without words. That is okay.

Use these simple sentence starters whenever writing feels overwhelming.



Today I feel...

I miss...

I wish...

I remember...

I need...

I hope...

A Gentle Reminder



If you've made it this far, I want you to know something important, you're still here. You're still carrying something incredibly heavy, and you're still showing up. That matters.

This workbook was never meant to fix grief or take the pain away. It was meant to sit beside you in it. To give you space to reflect, to remember, and to put words to what you're carrying, without pressure and without expectation. Grief doesn't have a timeline, and there is no right way to walk through it. It's something you learn to carry, one moment at a time.

If something in these pages helped you feel seen, helped you breathe a little easier, or reminded you that your love still matters, then it has done what it was meant to do. Take what you need, leave what doesn't serve you, and come back whenever you need to.

You are not moving on. You are learning how to move forward while carrying love with you. And that is not weakness, that is love.

Be gentle with yourself. Keep going at your own pace. And through all of this, remember something that matters more than anything else.

You are not alone.

LogansVoice.org