

JOURNALING

Procedure

1. Type a few unfinished sentences on a sheet of paper. Make copies, and distribute to the teens.
2. Allow time for the teens to reflect and write their response. Provide time for those who wish to talk about their writing. If no one chooses to share, encourage them to talk with a trusted adult or friend.

I Wish I Had; I Wish I Hadn't . . . (Guilt)

If only I had . . .

If only I hadn't . . .

It is my fault when . . .

I'm so sorry that . . .

I still cannot forgive her/him for . . .

I can't forgive myself for . . .

I am truly sorry for what we never resolved, especially . . .

If we had one more day together, I would . . .

The Many Feelings of Grieving

I am learning that grief affects me physically, emotionally, socially, and even spiritually.

The worst part is . . .

There are so many changes since you died, like . . .

I get so angry when I think of you dying because . . .

When I feel lonely, I just want to . . .

I feel sad when I remember . . .

I get so jealous of my friends when I see them . . .

Sometimes I am negative about myself. If we talked about this, I think you might say . . .

I feel better when I . . .