

GriefPlan.com

with Dr. Jason Troyer



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First Things: Balance in Grief Practices



Journaling Topics/Prompts

- How would you describe your balance among feelings, thoughts, & actions?
- Which area(s) feel most comfortable? Which feel most uncomfortable?
- Do you feel you are out of balance in these areas?
- How much time do you spend focusing on feelings vs. thoughts, vs. actions?

A large, empty light gray rectangular area intended for journaling responses to the prompts above.