



**Taking Back Control:
30 Days of Suicide Survivor Grief
Support, Self Love and Growth**

SOOAR



“Every page is a step toward SOOARING to who you are.”

Welcome to your 30-Day Journal Journey, a special space just for you. This journal is your place to write, express your feelings, and learn more about who you are. Each day, you’ll find a new prompt to help you think, create, or reflect on your experience with suicide loss. There are no right or wrong answers, just your thoughts, your voice, and your heart.

You can write a little or a lot.

You can draw if you want!

You can go in order or pick any prompt that speaks to you today.

This journal is yours. Get gentle, be honest, and make sure to take care of yourself

Name: _____

Start Date: _____

Go at your own pace <3

Safety and Crisis Resources

This journal is meant to support reflection and healing after loss. Writing about grief can sometimes bring up strong emotions, memories, or difficult thoughts. If journaling ever begins to feel overwhelming, it is okay to pause. Your safety and well-being are the most important priority.

You do not have to go through difficult feelings alone.

If You Need Immediate Support

988 Suicide & Crisis Lifeline

Call or text 988

Available 24/7 in the United States.

Crisis Text Line

Text HOME to 741741 to connect with a trained crisis counselor by text.

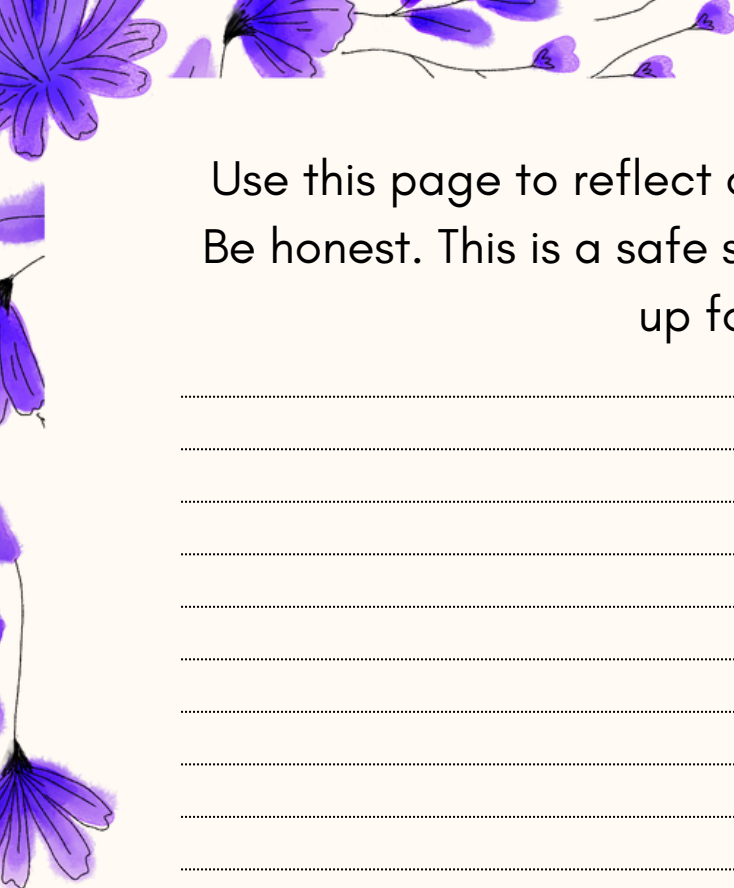
Both services are free, confidential, and available at any time.

If Journaling Becomes Overwhelming

If writing about your experiences begins to feel too intense, consider:

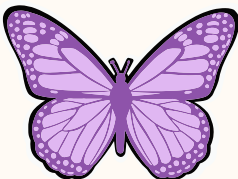
- Pausing and taking a few slow breaths**
- Stepping away from the journal for a while**
- Talking with a trusted friend, family member, or counselor**

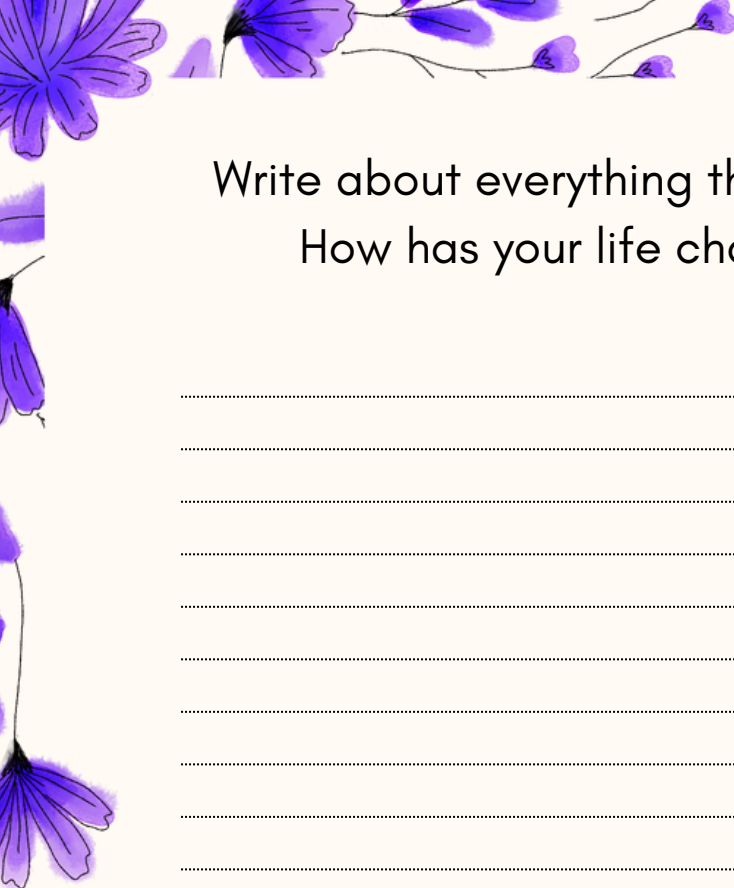
• Returning to the journal when you feel more grounded
Healing takes time, and it is okay to move at your own pace.



Use this page to reflect on how you are feeling right now. Be honest. This is a safe space. What emotions are coming up for you today?

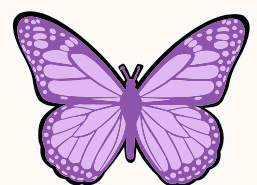
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Write about everything that has happened since they left.
How has your life changed? What feels different?

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Reflect on who has been your stability during this time. Who has supported you? How have they shown up for you?

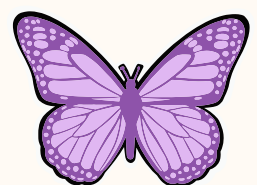
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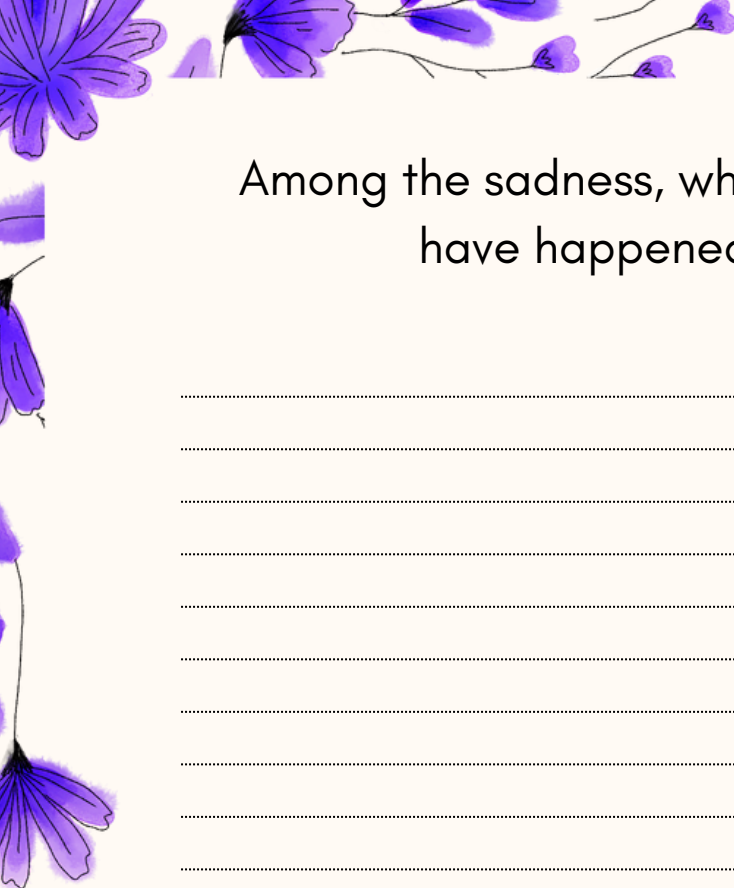




I miss you most when... (finish this sentence and explain why those moments feel the hardest.)

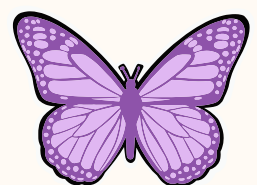
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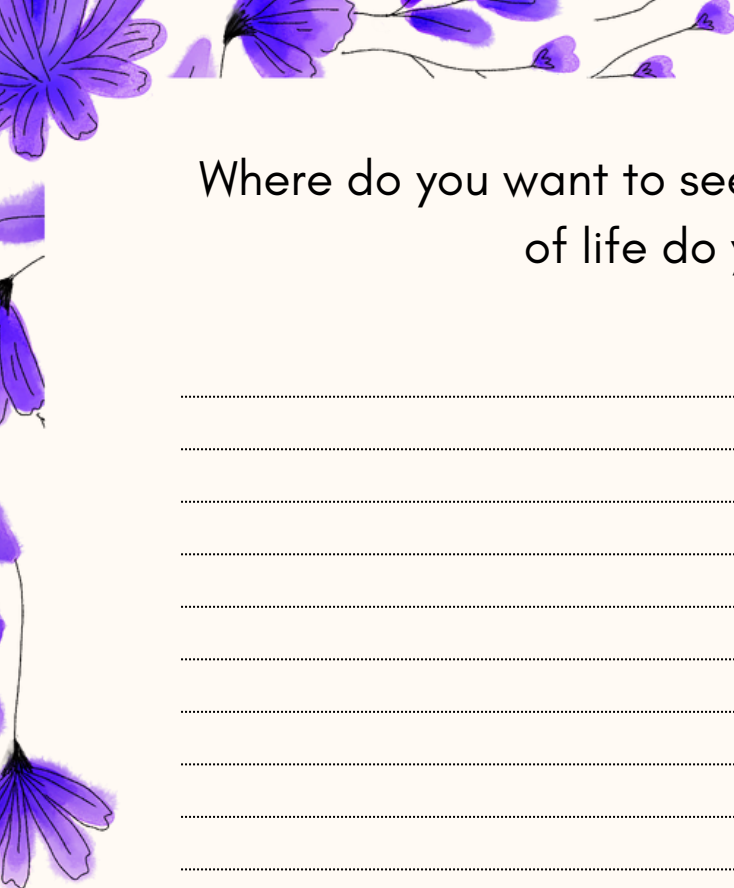




Among the sadness, what are some positive things that have happened recently? Big or small.

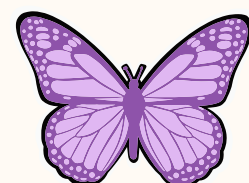
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Where do you want to see yourself in the future? What kind of life do you hope to build?

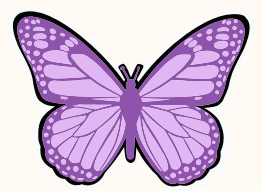
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Take time to reflect on your mental health. How are you really doing?

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What are you blaming yourself for? If a friend told you they felt responsible for this loss, what would you say to them?

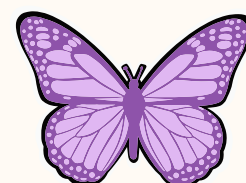
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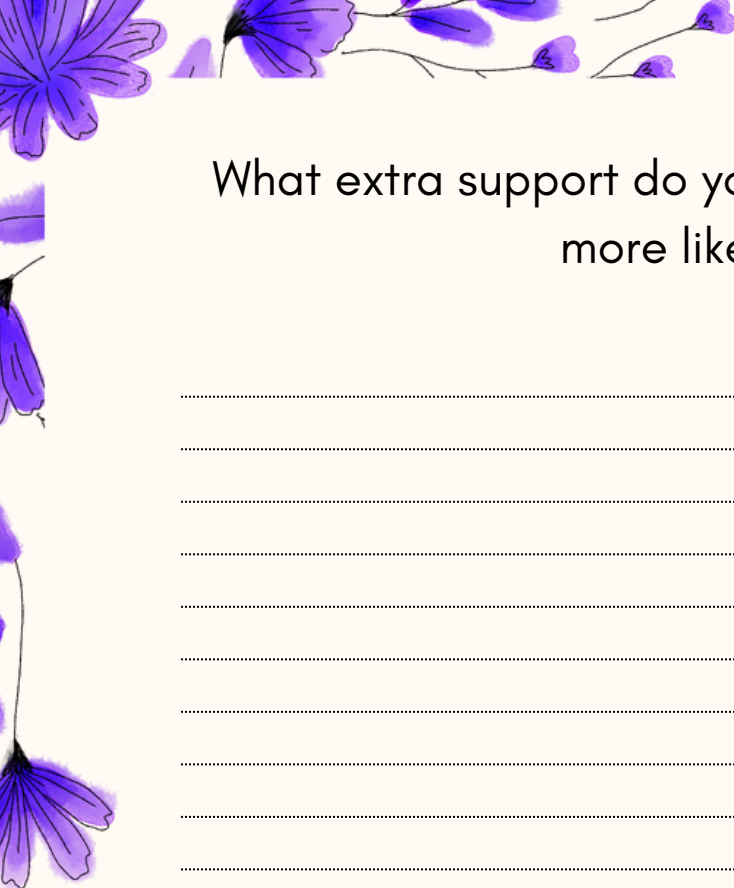




What steps can you take in the next 3 months to love yourself more?

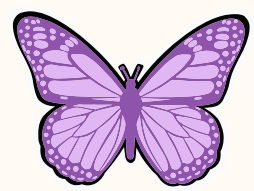
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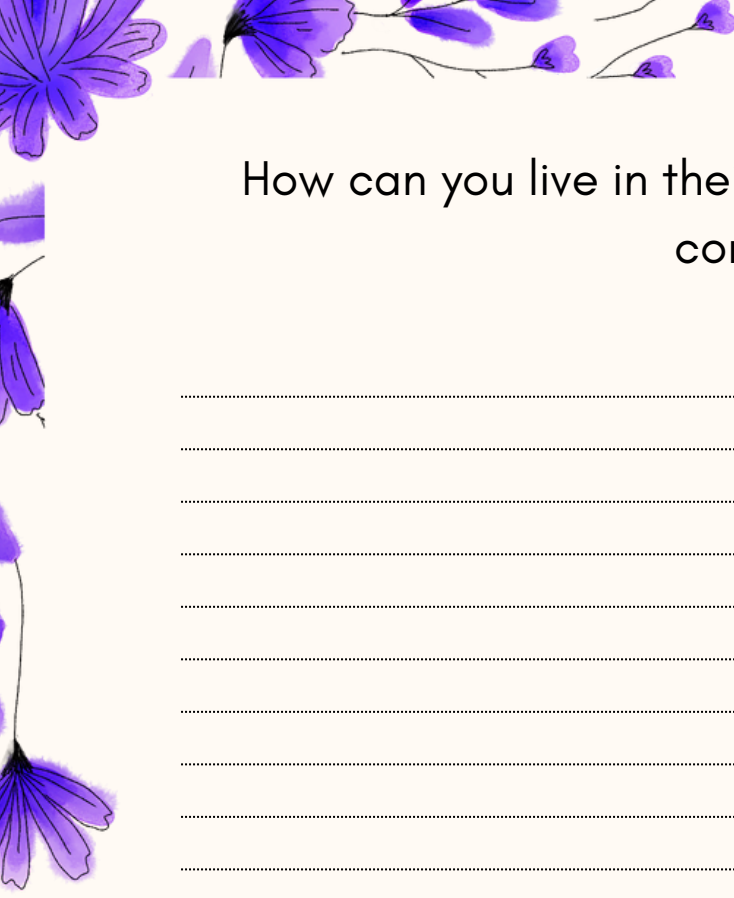




What extra support do you need right now to start feeling more like yourself again?

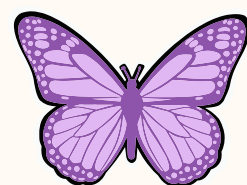
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How can you live in their honor without letting the grief consume you?

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Think of something beautiful you've seen, felt, or experienced recently. Describe it in detail.

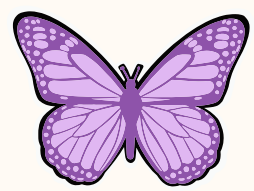
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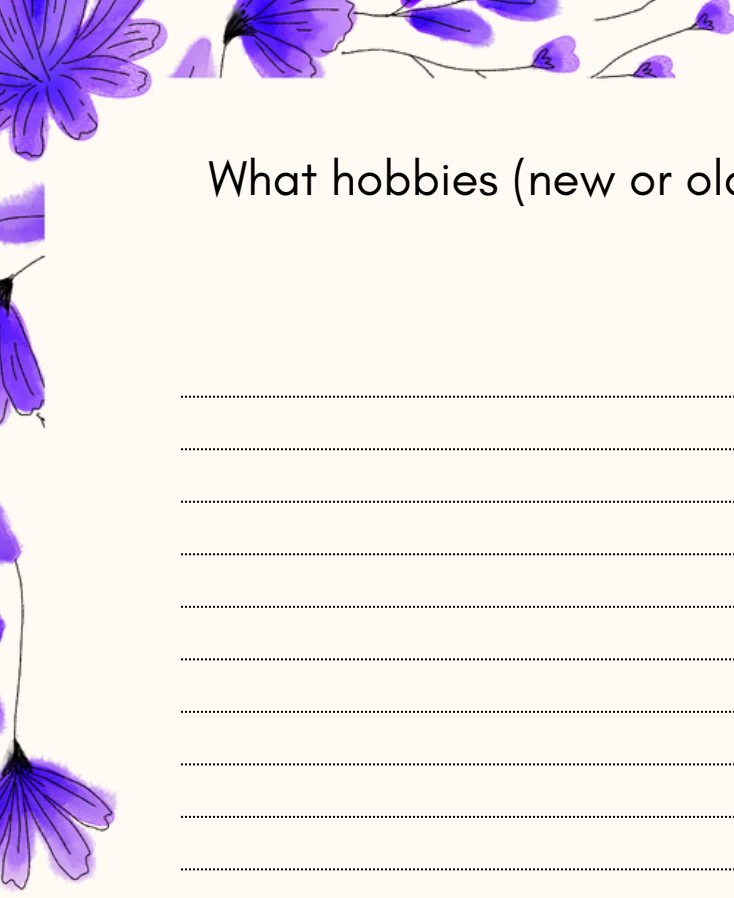




What are all the things that have changed since they passed?

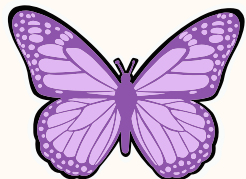
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What hobbies (new or old) would you like to start or return to?

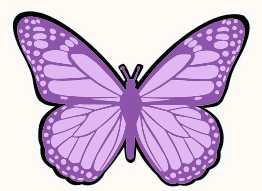
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Describe your favorite memory with the person you lost.

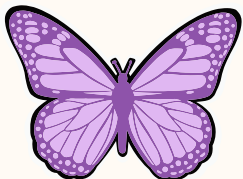
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List things you've accomplished that you never thought you would. Be proud of yourself.

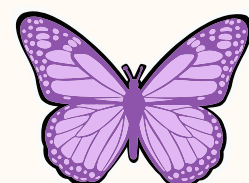
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Write motivational quotes or encouragement to your future self.

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What makes you proud of yourself?

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Write about moments when you pushed yourself outside your comfort zone.

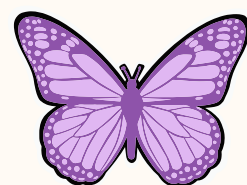
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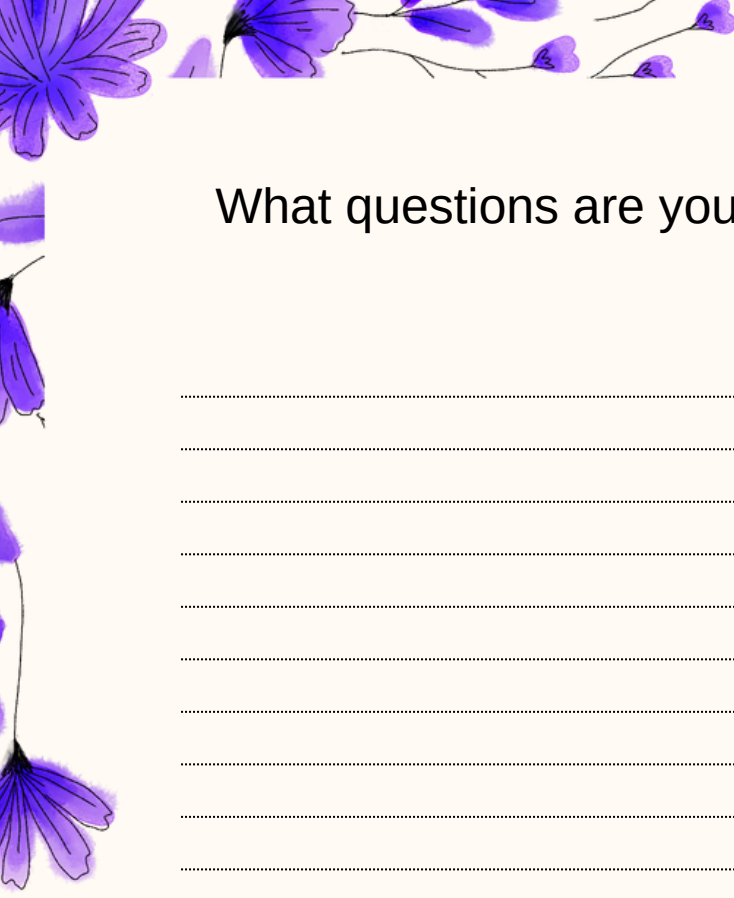




Make a list of everything you love.

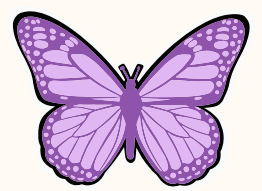
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What questions are you still holding about their death?

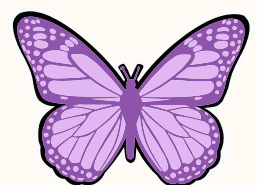
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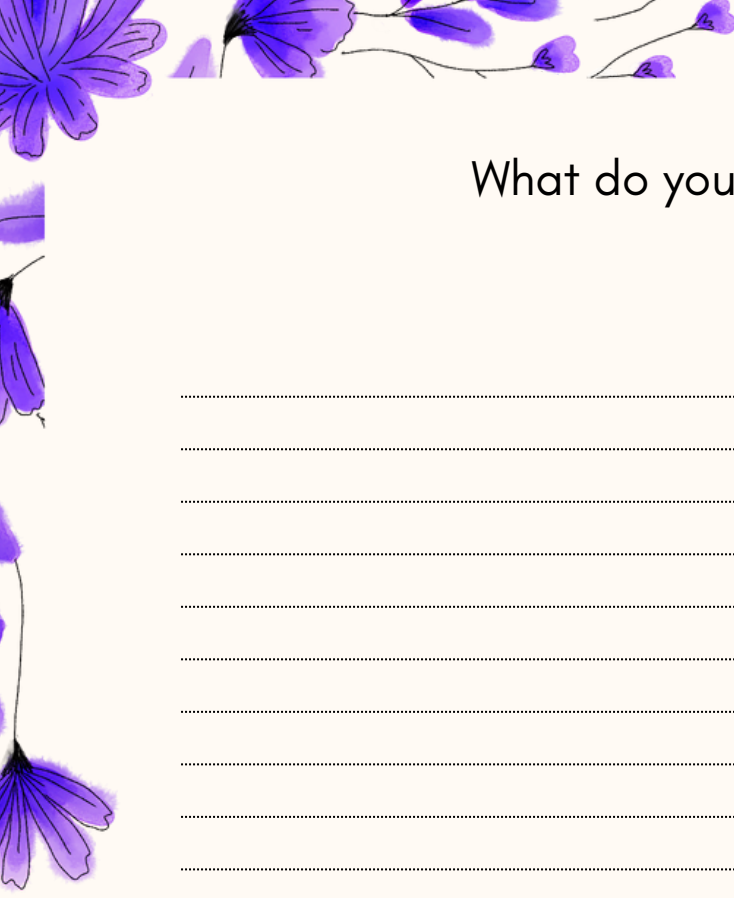




If I could tell you one more thing, it would be...

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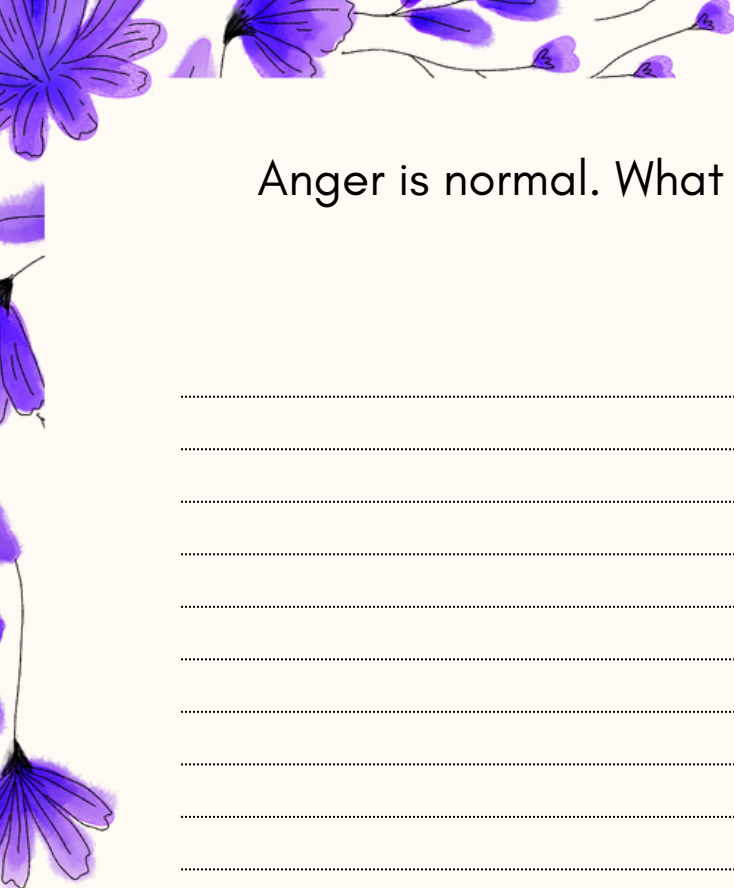




What do you love about yourself?

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Anger is normal. What has made you angry since they passed?

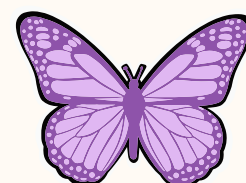
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Write a goal you would like to accomplish. When you complete it, cross it off.

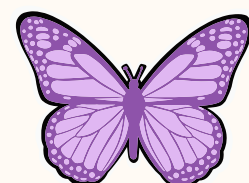
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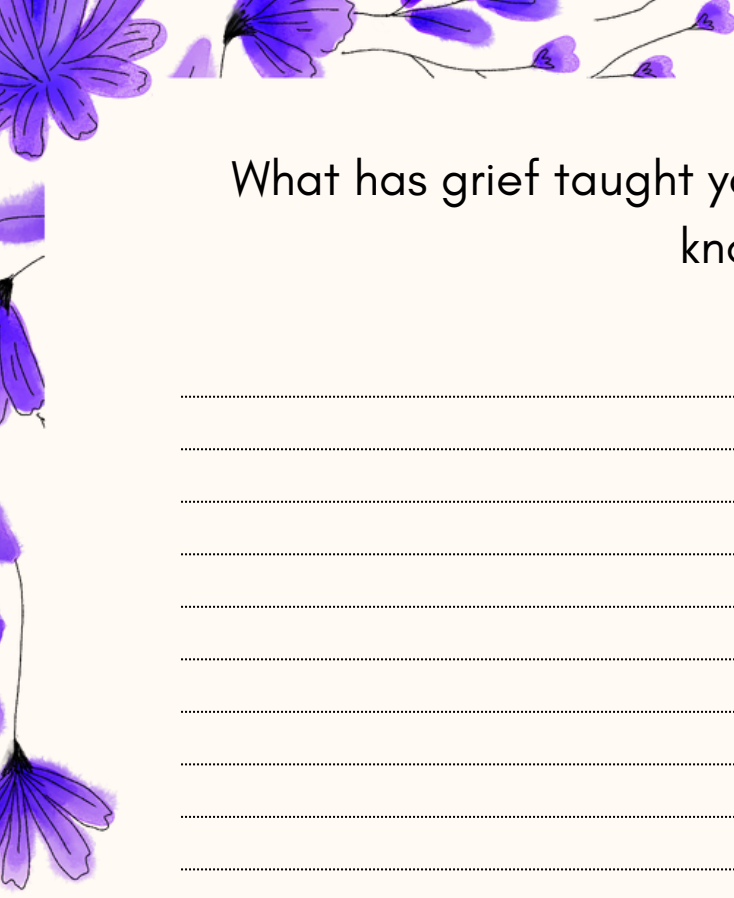




Something I will never forget about you is...

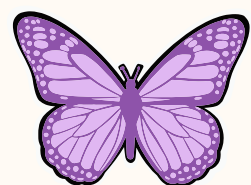
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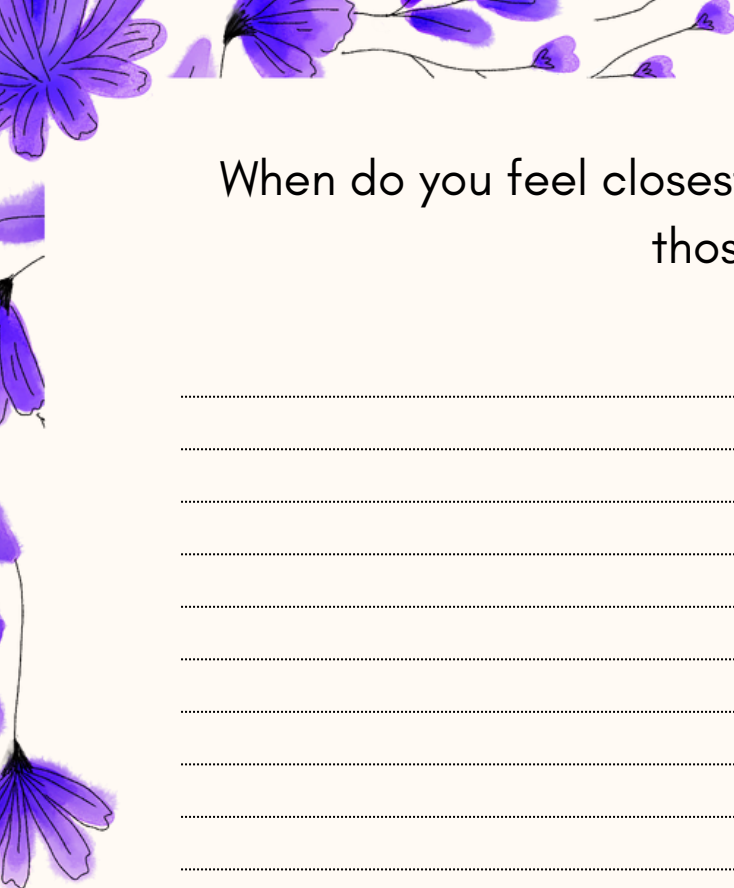




What has grief taught you about yourself that you didn't know before?

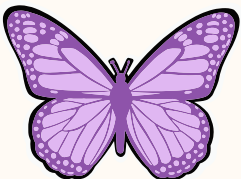
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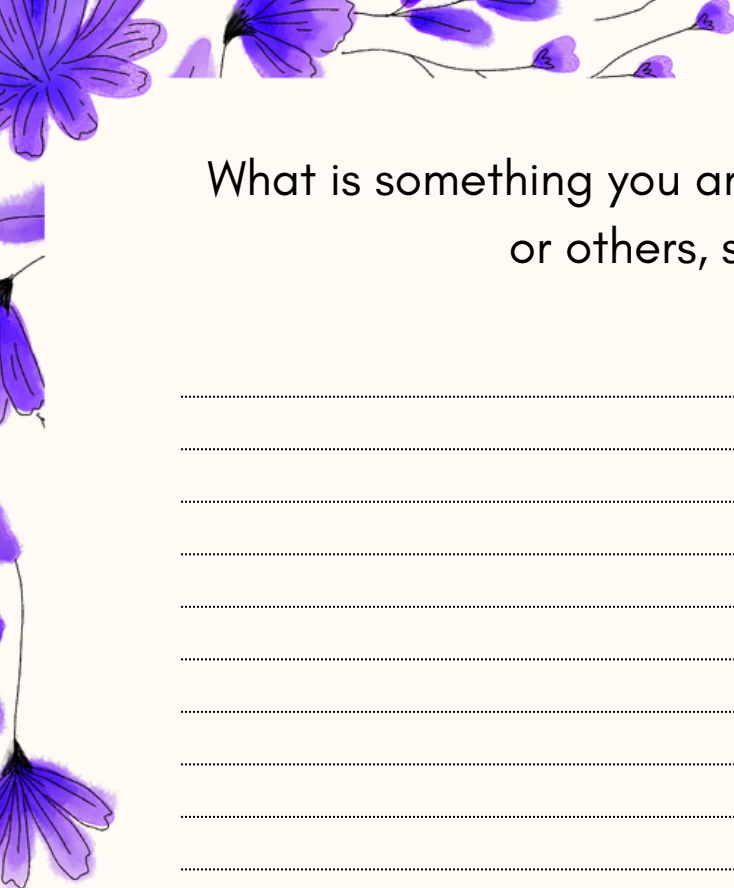




When do you feel closest to them? What are you doing in those moments?

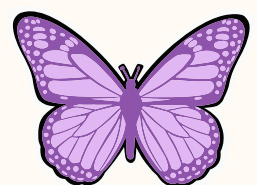
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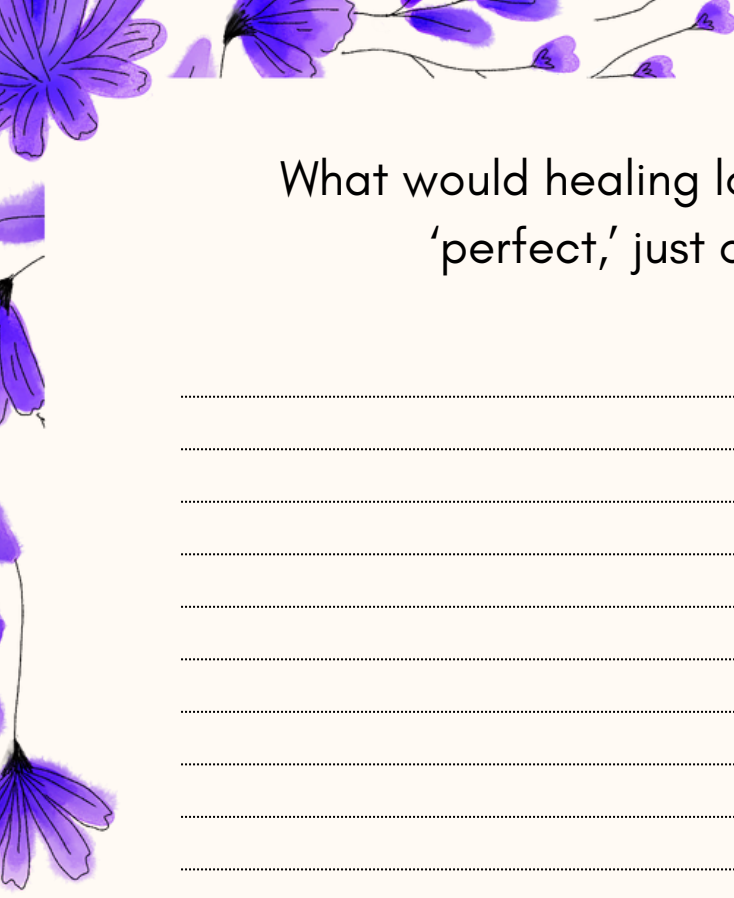




What is something you are still learning to forgive, yourself or others, since their passing?

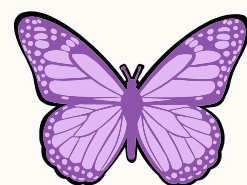
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What would healing look like for you right now? Not 'perfect,' just one small step forward.

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You Did It!

You finished your 30-Day Journal Journey! Take a moment to celebrate yourself—you stuck with it, explored your thoughts, and shared your ideas. That's something to be proud of! Look back through your pages. ✅ What are you most proud of? 💡 What surprised you? ❤️ What did you learn about yourself? Remember, journaling is like planting seeds—every word helps you grow. You can always keep going, create your own prompts, or start a new 30-day challenge.

Final Reflection My favorite prompt was:

One thing I learned about myself:

Something I'm looking forward to:

You are brave. You are kind. You are enough. Keep writing, dreaming, and being YOU. 🧡



grief may not shrink...



however, with time, we grow <3

Keep Writing. Keep Growing. Keep Being You. This journal was just the beginning! Inside these pages, you've explored your thoughts, dreams, and feelings. You've imagined, reflected, and learned more about who you are—and that's something worth celebrating. Every word you wrote is a piece of your story. And guess what? Your story matters.