

The Bully | Grief Journal

10 Prompts for Fighting Through the Storm

1. Denial – “What am I pretending didn't happen?”

Grief begins where illusion ends. Write out what you're still waiting for; the text, the call, the next moment that will never come.

“I keep telling myself _____ isn't real, but the truth is _____.”

Victoria: “I still feel Seth's voice like it's sewn into the air.”

The Bully: “Denial is the armor you wear when you don't believe you'll survive the wound.”

2. Anger – “Who or what am I secretly furious at?”

Anger is grief's bodyguard. List who you're angry with; the person who left, the people who stayed, the universe, yourself.

“If I could scream one truth into the void without consequence, it would be _____.”

Victoria: “I hated him for making me love him. I hated me more.”

The Bully: “You can't out-punch grief. But swing anyway.”

3. Bargain – “What deal am I still trying to make?”

What mental deals are you looping on? What are the 'what ifs' stealing from you?

“I keep thinking: If I had just _____, then _____.”

Victoria: “If I had run after him instead of running away...”

The Bully: “Bargaining is hope with a noose around its neck.”

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4. Despair – “What does my grief sound like in silence?”

Despair is the ache beneath words. Sit with it. Write what it feels like to carry this.

“Right now, my grief feels like _____.”

Victoria: “Grief is the sound of everything breaking... quietly.”

The Bully: “If you’re in the pit, scream. That’s how echoes begin.”

5. Resentment – “What pain am I disguising as blame?”

Blame is easier than heartbreak. What deeper wound are you shielding?

“I resent _____ because deep down, I feel _____.”

Victoria: “I blamed Seth for leaving. But I was the one who pushed.”

The Bully: “Resentment is your grief in a mirror; twisted, ugly, honest.”

6. Depression – “What part of me have I given up on?”

Write a letter to the version of you who existed before the loss.

“Dear Me, I miss the version of me who _____.”

Victoria: “I forgot how to want.”

The Bully: “Depression isn’t weakness. It’s your soul calling for reinforcements.”

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7. Numbness – “What have I stopped feeling... and why?”

List the emotions you haven't felt in days. What do you fear they'll unleash?

“If I let myself feel _____, I'm afraid it will _____.”

Victoria: “I wasn't cold, I was hollow.”

The Bully: “Numbness is when your heart plays dead to survive the autopsy.”

8. Acceptance – “What truth can I face without collapsing?”

What reality can you now name without flinching?

“I now accept that _____, and even though it hurts, I can _____.”

Victoria: “Seth is gone. But I'm still here.”

The Bully: “Acceptance doesn't mean surrender. It means you're ready to fight on new terms.”

9. Recovery – “What small act of defiance will I take today?”

You do something just to prove you're still here.

“Today, I will _____, not because I want to, but because I refuse to disappear.”

Victoria: “I started writing again. Just one line. But it was mine.”

The Bully: “Recovery is a riot in slow motion. Start with one rebellion.”

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10. Possibility – “What still breathes inside me?”

You're not finished. Grief carved you open. Now what will grow?

“If I let hope speak, it whispers _____.”

Victoria: “There’s a version of me I haven’t met yet. Maybe she’s kinder.”

The Bully: “Possibility is the middle finger you raise to despair.”

Your Battle Note

Write a letter to yourself. Not the you now; the you in 6 months. Tell them what you're fighting for. Tell them what you've survived. Tell them what you will never let grief take away from you.

“Six months from now, I hope you remember _____.”