

| W | E | E | K | L | Υ | 07 | |
|---|---|---|---|---|---|-----|--|
| | | | _ | _ | _ | 0 / | |

| How are you reorienting to your new life? | | | | |
|--|--|--|--|--|
| How are you readjusting and finding your new self in your new situation? | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Extra thoughts: | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

| When you have a good moment or thought surrounding your moment of loss, | |
|---|-------------------------------|
| write your child a note. | |
| | |
| | |
| | THIS BOOKLET IS IN MEMORY OF: |
| | |
| | |
| | A G E D : |
| | |
| | |
| | |
| | DUE DATE: |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | Name: Contact Info: |
| | Contact into. |

MISCARRIAGE DETAILS

| Did you have any symptoms that signified that you were going to miscarry? |
|---|
| |
| |
| |
| |
| |
| |
| |
| |
| How did you find out you were miscarrying? Where were you? |
| How did you find out you were miscarrying? Where were you? |
| How did you find out you were miscarrying? Where were you? |
| How did you find out you were miscarrying? Where were you? |
| How did you find out you were miscarrying? Where were you? |
| How did you find out you were miscarrying? Where were you? |
| How did you find out you were miscarrying? Where were you? |

| I am angry about | | | |
|-------------------|------|------|--|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| Laws | | | |
| lam | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| I am grateful for | | | |
| | | | |
| I am hopeful for | | | |
| | | | |
| | | | |

What were your initial feelings? WEEK 4 Who did you tell first? Did you tell them right away? My body feels _____ How far along were you when you miscarried?

WEEKLY

| Did you know the gender of the baby? Did they have a name? | | How are you reorienting to your new life? |
|--|---|--|
| | - | How are you readjusting and finding your new self in your new situation? |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Is this your first miscarriage? | - | |
| is this your mist miscarriage: | - | |
| | | |
| | | |
| | | |
| | | |
| | _ | |
| | | |
| | | |
| | | |
| If not, how has this miscarriage differed from the others? | | |
| | - | Extra thoughts: |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

| When you have a good moment or thought surrounding your moment of loss, | Describe your miscarriage process: |
|---|------------------------------------|
| write your child a note. | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

I am angry about _____

| Photo details: | | | |
|----------------|--------------------|---|-------------------|
| | | | |
| | | | |
| | | | rannopeiurior |
| | | | I am hopeful for |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | I am grateful for |
| | | | |
| | | | |
| | L | | |
| | PASTE IN A PICTURE | | |
| | Γ | ٦ | |
| | | | |
| | | | l am |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

WEEK 3

| I feel | | |
|---------------|--|----------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| My body feels | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| I know | | |
| | | |
| | | |
| | | |
| | | Photo details: |
| | | |
| | | |

| Γ | | | | | - |
|---|-------|----|---|---------|---|
| | PASTE | ΙN | Α | PICTURE | |
| L | | | | | _ |

oto details: _____

DEALING WITH THE HURT

| Emotionally, what was the hardest part about miscarrying? |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| While your child was in utero, what impressions of them did you receive? |
| |
| |
| |
| |
| |
| |
| |
| |

How are you reorienting to your new life? How are you readjusting and finding your new self in your new situation? Extra thoughts:

| When you have a good moment or thought surrounding your moment of loss, | | What gives you hope through this tough time? |
|---|---|--|
| write your child a note. | | |
| | - | |
| | _ | |
| | _ | |
| | | |
| | - | |
| | - | |
| | - | |
| | - | |
| | - | |
| | - | Miles of the confort |
| | - | Where did you feel comfort? |
| | - | |
| | - | |
| | - | |
| | - | |
| | | |
| | - | |
| | - | |
| | - | |
| | - | |
| | - | |
| | - | What are you doing to heal? |
| | | |
| | - | |
| | - | |
| | - | |
| | | |
| | | |
| | | |
| | - | |
| | - | |
| | | |

| What resources have been helpful? | | l am angry about |
|---|---|-------------------|
| | | |
| | - | |
| | - | |
| | _ | |
| | _ | |
| | • | |
| | | |
| | _ | |
| | _ | lam |
| | _ | |
| | | |
| Were there any people who were helpful to you in this time? | | |
| | _ | |
| | _ | |
| | _ | |
| | | |
| | - | l am grateful for |
| | _ | |
| | | |
| | | |
| | _ | |
| | | |
| Have you received any comforting words that were especially meaningful? | | |
| | - | |
| | - | I am hopeful for |
| | _ | |
| | _ | |
| | _ | |
| | _ | |
| | _ | |
| | | |

Use this space to write your rawest, deepest, most difficult feelings. This requires no justification on your part. This is your safe place to release and be vulnerable.

| WEEK 2 | | |
|---------------|---|------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| feel | | |
| | - | |
| | - | |
| | - | |
| | - | |
| | - | |
| | - | |
| | - | |
| | | |
| My body feels | - | |
| | - | |
| | | |
| | - | |
| | | |
| know | - | |
| | - | |
| | - | |
| | | |

| R E L A T I O N S H I P S | How are you reorienting to your new life? How are you readjusting and finding your new self in your new situation? |
|---|---|
| | |
| | |
| How is your spouse coping? | |
| | |
| | |
| | |
| What conversations do you have with your spouse about it? | Extra thoughts: |
| | - - |
| | |
| | |

| When you have a good moment or thought surrounding your moment of loss, | | How has your spouse helped you in your grieving process? |
|---|---|--|
| write your child a note. | | How have you helped your spouse? |
| | _ | |
| | | |
| | _ | |
| | _ | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | _ | |
| | | |
| | _ | |
| | _ | |
| | _ | |
| | _ | Do you have other children? How have they reacted through the process? |
| | _ | |
| | _ | |
| | _ | |
| | _ | |
| | _ | |
| | _ | |
| | | |
| | _ | |
| | | |
| | _ | |
| | | |
| | | |
| | | |
| | | |

WEEK 1

WEEKLY

Sit down and write each week (or whenever you feel comfortable) to process and help heal.

| I feel |
|---------------|
| |
| |
| |
| |
| |
| |
| |
| My body feels |
| |
| |
| |
| |
| |
| |
| |
| I know |
| |
| |
| |
| |
| |
| |
| |

| I am angry about | | | |
|--------------------|------|------|--|
| <u> </u> | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| lam | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| I am grateful for | | | |
| Turri graterar for | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| I am hopeful for | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |