







MISCARRIAGE  
DETAILS

Did you have any symptoms that signified that you were going to miscarry?

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How did you find out you were miscarrying? Where were you?

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I am angry about \_\_\_\_\_

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I am \_\_\_\_\_

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I am grateful for \_\_\_\_\_

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I am hopeful for \_\_\_\_\_

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WEEK 4

\_\_\_\_\_

I feel \_\_\_\_\_

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My body feels \_\_\_\_\_

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I know \_\_\_\_\_

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What were your initial feelings?

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Who did you tell first? Did you tell them right away?

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How far along were you when you miscarried?

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┌ PASTE IN A PICTURE ┐  
└ ─────────────────── ┘

Photo details: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am angry about \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am grateful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am hopeful for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



WEEK 3

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I feel \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My body feels \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I know \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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┌ PASTE IN A PICTURE ┐  
└ ────────────────────┘

Photo details: \_\_\_\_\_  
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What resources have been helpful?

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Were there any people who were helpful to you in this time?

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Have you received any comforting words that were especially meaningful?

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I am angry about \_\_\_\_\_

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I am \_\_\_\_\_

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I am grateful for \_\_\_\_\_

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I am hopeful for \_\_\_\_\_

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RELATIONSHIPS

How is your spouse coping?

Horizontal lines for writing the answer to 'How is your spouse coping?'

What conversations do you have with your spouse about it?

Horizontal lines for writing the answer to 'What conversations do you have with your spouse about it?'

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

Horizontal lines for writing the answer to 'How are you reorienting to your new life? How are you readjusting and finding your new self in your new situation?'

Extra thoughts:

Horizontal lines for writing 'Extra thoughts:'



WEEK 1

*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 \_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am \_\_\_\_\_  
\_\_\_\_\_  
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I am grateful for \_\_\_\_\_  
\_\_\_\_\_  
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I am hopeful for \_\_\_\_\_  
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