

# GRIEF *for Atheists*



A Compassionate Guide with  
Evidence-Based Strategies to Navigate  
Your Loss

BETSY DEVILLE

Journaling and Activities  
For ebook Readers

# **Grief for Atheists**

## **A Compassionate Guide**

### **with Evidence-Based Strategies to Navigate Your Loss**

This printable includes all of the journal prompts and interactive elements featured in the print book. Each chapter title is listed with the journaling opportunities as well as additional interactive elements.



#### **Introduction**

If you'd like, you can write down what you are grieving.



#### **Grief in a Nutshell**

After reading this chapter, have you noticed differences between what is actually true for you and what is expected? What about what others seem to expect?



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Is there anything you thought your grief was supposed to be that you can let go of now?



### **Getting Support and Accepting Help**

List some things you can ask for help with:



## Grief Affects Every Part of You

What changes have you noticed in your body and your brain?



What extra support do you have?



What extra support do you need?



## Feelings Check In

What feelings are you experiencing right now? What feelings have you experienced lately?



Do any of your feelings confuse you? Why do you think that could be? (If you don't know, it's OK)



What feelings do you think could be related to each other?



Sometimes, thinking about a more positive feeling, like *peaceful*, can remind you of a particular activity or experience. Can you think of activities you can do now that give you those feelings?



### **How Can You Take Care of Yourself**

What has helped you have peaceful moments in the past? What is helping you have peaceful moments right now?



### Self Care

You can use this chart to list a few things you selected, track whether you did them, and note how you feel after a week. You can use a score of 1-5. If you noticed a positive trend you may want to keep going.

Activity	Mo	Tu	We	Th	Fr	Sa	Su	Score

### Self Talk

Think about some self-talk that could be weighing you down. How can you adjust it to better reflect what is both truer and kinder?



## Chemistry on Your Side

What activities have brought you satisfaction, enjoyment, and happiness at other times in your life?



## Sleep

What is your sleep situation like now? How can you change it to be more restful?





You can use this chart to list a few things you selected to try to improve your sleep quality. Track whether you did them, and note how you feel after a week. You can use a score of 1-5. If you noticed a positive, trend you may want to keep going.

Activity	Mo	Tu	We	Th	Fr	Sa	Su	Score

### Nourishment

How have your eating habits changed? This is normal within the context of grief. What is one thing you can start to do now to nourish your body?





*This recipe is for a simple, nutritious soup that is flavorful and freezes well. The prep tips can help reduce sodium.*

## **Taco Soup**

- two 14.5 oz cans or pouches diced tomatoes (your grocer may also offer 28-ounce cans or pouches. In this case, you only need one can)
- one 15 oz can or pouch tomato sauce
- one 15.25 oz can or pouch black beans, drained and rinsed
- one 15.5 oz can or pouch pinto beans, drained and rinsed
- one 15.5 oz can or pouch dark red kidney beans, drained and rinsed
- one 12-16 oz bag frozen corn
- one 4 oz can diced tomatoes with green chiles
- one 32 oz carton vegetable or chicken broth
- one 1 oz packet of taco seasoning (low sodium, if available)
- (optional) 1 pound cooked diced or shredded chicken (a rotisserie chicken is great for this) or cooked ground beef.

Open all of the cans or pouches of beans and drain the canning liquid. Rinse with water. Rinsing the beans will reduce the sodium content in the recipe.

Add all the ingredients to a large pot or a slow cooker. If you are using a stove, heat on medium high until your soup reaches a simmer (simmer is below full boil, you will see the liquid moving and small bubbles along the sides of the pot but you will not see giant volcanic bubbles covering the entire surface. If you are using a slow cooker, cook on low for 3-5 hours.

This soup keeps well, reheats well, and freezes well.





*This recipe is for a cozy but simple casserole. It comes together easily and reheats well. I like it with green beans.*

### **Swiss Cheese Chicken Bake**

- 3-4 boneless, skinless chicken breasts (about 1.5 pounds) Strips or diced are great too!
- 8 slices Swiss cheese (any sliced cheese you enjoy can work)
- one 10.5 oz can cream of chicken or cream of mushroom soup
- 1 ½ cups dry seasoned stuffing mix
- ¼ cup butter, melted (that's 2oz or half a stick for most folks)
- ½ cup (4 oz) chardonnay or other white wine. (optional)
- non-stick cooking spray

Prepare a 13x9 inch pan with non-stick cooking spray.

Preheat oven to 350°F / 175°C

Evenly distribute raw chicken in pan.

Evenly distribute cheese slices on top of chicken.

In a small bowl, mix cream of chicken soup and optional wine. Spread evenly over cheese slices.

Toss dry, seasoned stuffing mix with melted butter. Sprinkle over soup mix.

Bake uncovered for 35-45 minutes or until a meat thermometer inserted in the center of the thickest piece of chicken reads 165°F / 74°C. If you used diced chicken, start checking for doneness in 20 minutes.





*This recipe is great if you are craving sweets but trying to reduce your refined sugar intake. This is a no bake recipe. A food processor makes preparation quick.*

### **Coconut Apricot Balls**

- 6 oz. dried apricots (1 1/2 cups or 170 g)
- 3 cups (288 g) unsweetened flaked coconut, separated (set aside 1 cup for rolling the finished balls)
- 1 cup (120 g) chopped walnuts, or your favorite nut
- 2/3 cup (208 g) sweetened condensed milk or dairy free/ vegan substitute
- 1 tbsp amaretto (optional)
- food processor\*

Add 2 cups coconut and all other ingredients to a food processor.

Pulse for 30-60 seconds to combine.

\*If you do not have a food processor, use a lightly oiled knife to chop the ingredients together as finely as possible. Then, combine in a bowl with amaretto and sweetened condensed milk.

Shape into 1-inch balls and roll each ball in remaining 1 cup of coconut. Place on a non-stick surface, like parchment paper or waxed paper.

Cover tightly and store in the refrigerator. These should keep for about a week.



## Relaxing Your Mind

Did you try the mindfulness exercises? What did you experience? When can you try them again in the days and weeks to come?



## Music, Art, and Flow

What activities have you done that have given you a flow state? What activities would you like to try?



## The Science of Happiness

What activities can you try today? This week? Is there one goal you can set and work toward?



You can use this chart to list a few things you selected to try mindfulness exercises or to experience flow state. Track whether you did them, and note how you feel after a week. You can use a score of 1-5. If you noticed a positive, trend you may want to keep going.

<b>Activity</b>	<b>Mo</b>	<b>Tu</b>	<b>We</b>	<b>Th</b>	<b>Fr</b>	<b>Sa</b>	<b>Su</b>	<b>Score</b>

## Your Relationship and Your Story

What are some of your favorite memories of your person or something you were looking forward to? How can you honor those now?



Share some activities your loved one enjoys and that you might want to try. How can you incorporate special activities or traditions with your loved one now?



## Continuing Unfinished Conversations

Think about your relationship. Do you feel like there were things unsaid, unfinished, or unresolved? What are they?



How can you approach them now with positive self-talk and compassion for yourself as a person worthy of love and respect?





What did you think about the continuing unfinished conversations activity before you started? Did anything change?

