



Writing Prompts

1. Reflect on a specific moment or experience with your loved one that brings you comfort or joy. Describe it and explore the emotions it evokes.
2. Write a letter to your loved one expressing the impact they had on your life and how much you miss them. Share your thoughts, feelings, and anything left unsaid.
3. Explore the emotions you've been experiencing since your loss. Write about the different waves of grief you've encountered and how they have affected you.
4. Describe a cherished object or memento that reminds you of your loved one. Explain its significance and the memories it holds.
5. Write about the ways in which your loved one's absence has changed your perspective on life. How have your priorities, values, or beliefs evolved through this experience?
6. Reflect on the support and comfort you've received from others during your grieving process. Write about the people, activities, or resources that have helped you navigate this challenging time.
7. Imagine having a conversation with your loved one. What advice or guidance do you think they would offer you? Write down the insights or words of wisdom you believe they would share.
8. Explore the concept of finding meaning in loss. Write about how you've searched for purpose or understanding amidst grief and any insights you've gained along the way.
9. Write a gratitude list focused on the positive aspects of your relationship with your loved one. Reflect on the qualities, memories, or experiences you are thankful for.
10. Imagine a future where you have found healing and peace while still carrying your loved one's memory. Describe how you envision yourself continuing to honor them and live a fulfilling life.