

Writing About Your Loss

What to Know

Some people find it helpful to write as an outlet to express their thoughts, feelings, and emotions about the loss of a loved one. Writing can provide focus and act as an outlet for difficult thoughts and emotions.

Many people believe that writing while they were grieving really helped them in coping with the feelings they had about their loss.

You don't have to be a great writer, and no one needs to ever read what you write. When you use writing to process grief, it can be for your eyes only.

While it's true you may feel pain or sadness while writing, there are long-term mental and physical health benefits. Studies have shown that after only 15 minutes of daily journal writing for four days in a row, the immune system is enhanced.

Writing can take many forms:

- a handwritten letter
- journaling
- story writing
- poetry

This worksheet gives you prompts to write about your lost loved one and why you miss them.

What to Do

Take your time and write down the answer to the following statements. Use a notebook or journal.

When I think about you, I remember...

A secret memory I have with you that no one else knows about...

Whenever I am around _____, I think of you.

I remember you by...

I will continue to honor your memory by...

If you were sitting across from me right now you'd say...

If you were sitting across from me right now I'd say...

Other things I'm thinking about . . .

The most difficult part of grieving is...

I'm afraid of...

I'm proud of myself for...

As I grieve for you, I feel...

When you died, I had to...

When you were alive...

I want you to know...

You were...

My happiest memories of you are...

Funny moments I remember...

How you changed my life...

Things I wish I'd said or did...

Something I feel guilty about...

Things that have happened since you died...

What you meant to me...

Things I'll never forget...

Why I miss you...
