

# Writing Prompts



Pick one, set a timer for five minutes, and follow wherever it leads. There are no rules.

*The hardest thing right now is...*

*If you were here, I'd...*

*I feel scared when...*

*I miss...*

*Without you, I am...*

*I feel glad when...*

*I remember...*

*Grief is...*

*I am beginning to feel...*

*The day you died, I...*

*I am grateful for...*

*Right now I need...*

*I wish...*

*I feel angry when...*

*I want others to know...*

*I will always...*

*I feel sad when...*

*You taught me / gave me...*

***Writing is one of the most powerful tools for understanding and processing grief.***