

WRITING PROMPTS FOR

GRIEF & LOSS

A GOOD *place*

Describe in detail the five happiest memories you can think of involving the person you lost.

You can use the 5 senses to really bring to life the imagery of the moment.

Write about a metaphor that you think captures the essence of the person you lost. i.e. *“Every time I look at the sun, I think of my father; he’s always with me even in the moments I can’t see him and the thought of him makes me feel warm.”*