

Grief/Loss

1. Who are you grieving for?
2. What do you miss the most about them? What do you miss the least about them?
3. What is your fondest memory of your loved one?
4. When is the hardest time of day for you? Week? Month? Year?
5. If you could say anything to the person you're missing, what would you say?
6. What is something you will make sure to remember about the person?
7. Did you get to say goodbye? What would you say if you could say goodbye?
8. Write a letter to the person you love.
9. What is something you can do to honor your loved one's memory?
10. Who can you talk to about your grief?

