



Where to start

It can help to begin by writing the date and one simple sentence about how you are today.

5th January Today feels heavy....



What feels hardest right now

You might write about:

The hardest part of today is...

The moment I find most difficult is...

The thing I keep avoiding is...

What I am carrying today feels like...

If the answer is "everything," write that. Sometimes grief does not arrive in neat categories.



Remembering the person

You might write about:

One thing I wish people knew about them is...

A moment with them that I want to keep close is...

A memory that keeps coming back to me is...

A part of them I notice in myself, or in someone else, is...

You may find some memories comforting and others painful. You do not have to force gratitude if that is not what you feel. You are allowed to write the truth of today.

The things I do not say out loud

You might write about:

A thought I feel guilty for having is...

Something I wish I could tell someone is...

Something I have not said out loud is...

If nobody judged me, I would say...

You do not have to act on anything you write. Sometimes the first step is simply allowing the words to exist somewhere outside your head.



Guilt, regret and unfinished conversations

You might write about:

What I wish I could say to them is...

What I imagine they might say back is...

What was actually within my control at the time?

What was not within my control, even if I wish it had been?

These prompts are not about proving you should not feel guilty. They are simply a way to sit beside the guilt and understand what it is holding.



When the relationship was complicated

You might write about:

The relationship was complicated because...

Something I still feel angry about is...

Something I wish had been different is...

Something I feel sad about is...

You do not have to make the relationship simple before you write about it. Mixed feelings can be part of grief too.