

# WRITE TO YOUR PERSON: GRIEF JOURNALING PROMPTS

After William died, writing about him felt disconnected. Then someone suggested I write **to** him, and that changed everything. It gave me a way to be honest, to ask him questions, to keep our conversation going.

These prompts are simply a starting place. Writing to your person can be a way of staying connected, of putting love and ache into words. There's no right or wrong way. Only your voice, your bond, your story.

- Tell them about a small joy from this week. A laugh, a sunrise, or a moment that carried you.
- Ask them a question that still lingers on your heart.
- Retell a moment you wish had gone differently. The “if only,” the pause, the turn you'd like to re-imagine.
- Describe the place where you feel their presence most strongly.
- Write down a dream you've had of them, or the dream you wish you could have.
- Share something you've done recently would have made them proud.
- Describe an experience you wish you could have with them or a place you longed to travel together.
- Write them a secret that only you can share.
- Ask them about the place they are now, in whatever words feel true to you.
- Tell them a story from your past. Something they may not have known, but that you wish you could share with them.

Keep writing. Keep talking. Keep remembering. They are still listening.