



Story Writing *for teens & adults*

Each of us has a story- unique and our own. Use these prompts to begin putting words to your grief experience. This is intended to guide your writing, not prescribe it. Write freely, without concern for punctuation or grammar. The process is more important than the product. You are not alone.

About You

- My name is...
- Current age
- I live with...
- What was life like before this person died?

Remembering

- Their name
- I called them...
- Describe your relationship
- What were they like?
- Some of your favorite things were...

Memories

- You and I enjoyed... together
- I will never forget...
- You taught me...
- You used to always say...
- I know you would want me...

Symbols

Memories are captured by our five senses and can become symbols that create a sense of connection. Name things you see, hear, taste, touch, and smell that remind you of the person who died.

Their Death

- Date, day, time, season
- How did they die? If you do not know, share what you think happened.
- Were you present? If so, what did you see and hear? What did you feel?
- If you were not present, how did you learn that this person died? Who told you? What did they say? What did you think?
- What mix of emotions did you experience (sadness, anger, guilt, relief, etc.)?

Since Then

- What has life been like since they died? What has changed?
- What is the hardest part?
- Do you have unanswered questions?
- How have your family and friends responded?
- What do you miss most?
- What do you do to honor or remember the person who died?
- How have you noticed your grief change over time?
- What has been helpful to you during this time?
- What would you say to them if you had the chance?
- What do you imagine they would say to you?



Story Writing *for all ages*

Each of us has a story- unique and our own. Use this as a guide to share about your grief experience. Write or draw pictures to answer the questions. Then you choose: share, save or shred. Remember, you are not alone.

Write or draw a picture of the person you are remembering. What did you call them?

Write or draw a memory you have with this person. What did you enjoy doing with them?

How did they die? If you do not know, what do you think happened?

How did this person make you feel?
What will you never forget about them?



Story Sharing

Everyone has a story to tell. Your story is special because it is yours. When we share our stories, we help others understand our experiences, honor the person we are remembering, & build connections with one another. Sharing can also help grief feel a little less lonely. Use the questions below to help tell your story. Share at your own pace and remember, you are not alone.

My name is _____ and I am _____ years old.

I am remembering my _____ .

Their name is _____, but I called them _____.

They died _____ by _____
(Date or how long ago)

(What caused your person to die? If you are not sure, you can share what you think happened.)

I (was / was not) present when they died.

After they died, _____
(Was there a funeral or celebration of life? Did you attend?)

_____.

One thing that is really hard for me is _____
_____.

One thing I loved about the person I am remembering is _____
_____.