



BEREAVEMENT WRITING PROMPTS

- Write about when you first learned your loved one had cancer. What emotions were present? What changed?
- Write about a specific memory or conversation you can recall with the loved one you lost.
- Write about the feeling you had right before their first treatment.
- Write about someone or something that you leaned on for support. How did they help you get through that specific moment?
- Write a letter to someone who is approaching end of life with their loved one. What words of advice would you tell them?
- Write about the first holiday without your loved one here or the first anniversary of their loss.