Memory Journal Prompts

Ten gentle journal prompts for remembering someone you love, naming what you feel, and carrying them with you. For teens, adults and siblings.

Letter page · For grieving families, siblings, teens, adults

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There's no right or wrong way to grieve; many people express grief through writing, art or music (Dougy Center). Skip any prompt you like.

Remembering

- [ ] Write about a day with them you never want to forget.
- [ ] What made them laugh? What did their laugh sound like?
- [ ] List five things they loved: foods, songs, places, sayings.
- [ ] Describe them to someone who never got to meet them.
- [ ] Something they taught me that I still use.

Feeling, and carrying them with me

- [ ] I miss them most when...
- [ ] Something I wish I had said, or something I'm glad I said.
- [ ] Write them a letter about what has happened since they died.
- [ ] How I want to mark their birthday or the anniversary.
- [ ] One way I can honor them this year.

What you can do today: write for ten minutes, then do something kind for yourself. If writing brings up thoughts of harming yourself, call or text 988 any time. More in grief journaling or Memory journal.

Sources

1. Ten Tips for Supporting Children Who Are Grieving, Dougy Center: The National Grief Center for Children & Families. https://www.dougy.org/assets/uploads/Dougy-Center-Tips-for-Supporting-Grieving-Children2.0.pdf
2. 988 Suicide & Crisis Lifeline, 988 Suicide & Crisis Lifeline (SAMHSA-funded). https://988lifeline.org/

Need to talk to someone now? Call or text 988 (988 Suicide & Crisis Lifeline, US). In an emergency, call 911.

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