



# 10 Gentle Prompts for a Grieving Heart

*Write, reflect, and gently  
honor your love and loss*

By Marlene Lynch



## A Gentle Note From Me

*Dear Friend,*

*Grief is love with nowhere to go.  
Writing helped me hold onto the love  
and slowly find my way forward after  
losing my husband, Michael.*

*May these prompts help you honor  
your story, remember the joy, and  
gently tend to your heart.*

# The 10 Gentle Prompts



- 1. Write about a memory with your loved one that still makes you smile.*
- 2. Describe a place that feels connected to them and why it matters to you.*
- 3. Write a letter telling them what you wish you could say today.*
- 4. List five small things that still remind you of their love.*
- 5. Remember a time they made you laugh—what happened?*
- 6. Describe a song, smell, or moment that instantly brings them close.*
- 7. Write about how you've grown or changed since their passing.*
- 8. Share one tradition or ritual you keep alive in their honor.*
- 9. If they could see you now, what would you want them to know?*
- 10. End with gratitude: thank them for something beautiful they gave you.*



*Thank you for letting these words  
hold space for your heart.*

*You are not alone.*

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gentle prompts, reflections, and  
resources for healing.*

Marlene Lynch