

Writing Through a Life Change

Grief and life transitions | Adults | 10 minutes

Reflect on what has changed, what remains meaningful, and what support is needed now.

Choose a prompt that fits your loss or transition. Write for a short period you choose, or answer aloud. You can hold appreciation and anger, uncertainty and hope, or no clear feeling at all. Nothing here requires a positive ending.

Follow your own language

A life change can affect who you are, how your days work, and what you expected next. Write about one part at a time. If a prompt does not fit your experience, change it. You do not need to make the experience meaningful for anyone else.

Return to the present

End by naming one current need and one ordinary action available to you. This might be eating, resting, contacting someone, or returning to a routine. If writing brings more distress than you want to manage alone, pause and bring the page to a trusted support or clinician.

A change that is difficult for others to see is

Something I miss, something I do not miss, or a feeling I am unsure about is

A part of myself or my life I want room for now is

What I need from others, and what I want to keep private, are