

Grief and Release Writing Prompts

Letting go is hard. It's raw. It feels like losing pieces of yourself. But grief is a sign of love, attachment, and growth—it's proof that what you're releasing mattered. These prompts are here to help you honor what's ending, process your emotions, and find space for what's next.

Section 1: Naming What's Ending

Prompt: Identify the parts of your life, beliefs, or relationships that are coming to an end.

- What am I letting go of? _____
- Why did it matter to me? _____
- How has it shaped me? _____

Section 2: Feel Your Grief

Prompt: Acknowledge the emotions that come with loss without judgment.

- What am I feeling right now? _____
- Where do I feel it in my body? _____
- What thoughts keep returning to me about this loss? _____

Section 3: Lessons and Gratitude

Prompt: Even endings carry lessons. Reflect on what this experience has taught you.

- What did I learn from this chapter? _____
- What am I grateful for in this experience? _____
- How has it helped me grow stronger or wiser? _____

Section 4: Releasing and Letting Go

Prompt: Explore ways to symbolically or mentally release what no longer serves you.

- What do I need to forgive—myself or others? _____
- How can I say goodbye in a way that honors this experience?

- What rituals, writing exercises, or actions could help me release it?

Section 5: Faith in the Unknown

Prompt: Connect to your inner faith to trust what's next.

- How can I lean on faith to guide me forward? _____
- What belief or mantra can I carry with me? _____
- What is the next step I can take, even in uncertainty? _____

Tips for Using This Worksheet

- Take your time—there are no rushed feelings.
- Write without editing or censoring yourself. Let raw honesty flow.
- Combine with meditation, prayer, or quiet reflection for deeper processing.
- Revisit these prompts weekly if needed, to track healing and release.