

Comfort in the Loss of a Parent



Space for your experience, memories, practical choices and support.



Losing a parent can bring many different feelings. These pages leave room for a close, distant or complicated relationship. You do not have to turn it into a positive story.

Start anywhere

Use the contents on page 2 to find what helps. Skip a prompt, leave a page blank or stop whenever you choose. There is no schedule to complete.

Printing

Choose the A4 or US Letter file that matches your paper. Print at Actual size / 100%, one-sided. Check one page first. These are handwriting pages, not interactive PDF forms.

This is a writing companion, not counselling or an assessment. Use qualified support for your own circumstances.



Contents

These numbers match the page numbers printed at the bottom. Print only what you want to use.

Page	What you will find
3	Where I am today
4	A memory, if I want one
5	Belongings and decisions
6	A letter I do not have to send
7	Who could help with what?
8	Everyday needs
9	Dates and difficult moments
10	When people ask how I am
11	What I choose to carry forward
12	A check-in whenever I want one

The same twelve pages are included in both paper sizes. Choose the file that matches your paper before printing.



Where I am today

There is no right amount to write. You can leave feelings unnamed, mixed or unfinished.

What I have noticed today

A thought, feeling, ordinary change or moment.

What I wish people understood

You do not have to share this page.

What I do not have words for

Leaving this blank is fine.



A memory, if I want one

Choose a small detail if that feels manageable. A memory does not have to be happy, complete or suitable for sharing.

A place, object or phrase

Something I want to note.

What it brings to mind

Only as much as I want to write.

A story or detail in my own words

Or use this space for something else.

Ask before sharing other people's stories or photographs. Keeping this page private is enough.

Belongings and decisions



Use this page to prepare a conversation. Check who has authority to decide and seek appropriate advice about estate matters.

Item or question	What I am considering	Who needs to be involved?

Something I am not ready to decide

Note any real deadline separately, if there is one.

A next question, rather than a decision

Who could answer it without rushing me?



A letter I do not have to send

Address this however you choose. Write about missing them, anger, gratitude, questions, ordinary news or something else. You can stop without finishing.

Dear...

There is no need to forgive, reach a conclusion or share the letter.



Who could help with what?

Choose people or services you would feel comfortable approaching. Check that they are willing and available.

What I might need	Person or service	A question or request
Someone to listen		
Help with a practical task		
Space from conversation		
Professional support		

One request I could make

Keep it specific enough for someone to answer.

If you need urgent help or do not feel safe, use local emergency or crisis support. This page is not an emergency plan.



Everyday needs

Choose one thing that would help. This is not a checklist you need to complete or a treatment plan.

What needs attention?	What would help today?	Could someone assist?
Food or a drink		
Rest or a quiet pause		
An ordinary task		
Something else		

An appointment or question to remember

Follow your own healthcare advice for medical needs.

Something I can leave for later

Or ask another person to handle.



Dates and difficult moments

A date, place or everyday moment may need a little planning. You can change your mind about what to do.

The date or moment

What I want to prepare for.

What might make it easier

Company, privacy, a shorter visit or something else.

A small plan

What I want to do, and what I would rather skip.

If I need a different plan

Someone I could contact or an alternative I could choose.



When people ask how I am

Try out words that feel like your own. You do not owe every person the same amount of detail.

A short, truthful answer

For example: "Today is difficult. I would rather talk about something ordinary." This is a fictional example.

A boundary I could use

What I do not want to explain or discuss.

Someone I might tell more

What I would like from that conversation.



What I choose to carry forward

This page is optional. You may want to keep a habit, recipe or memory, make a different choice, or leave this subject alone.

Something I would like to keep

Only if there is something that fits.

Something I choose to do differently

No explanation is required.

A small act of remembrance, if I want one

It can be private, simple or left for another time.

A check-in whenever I want one



Return on a day you choose. There is no monthly target or required change.

What feels different, if anything

An observation rather than a measure of progress.

What still needs care

A practical need, feeling or question.

One next step, if useful

Something to do, ask, simplify or leave for now.

About these pages

These original writing prompts leave room for different relationships and feelings. General background: Cruse Bereavement Support, "Losing a parent", checked 1 October 2026. Cruse does not endorse this resource.

cruse.org.uk/understanding-grief/grief-experiences/losing-a-parent/

For individual health, counselling, legal or financial questions, use the appropriate qualified advice. These pages do not promise a particular outcome.