



Comfort in the Loss of a Parent

A gentle guided grief companion with memory, letter, support, and next-step pages

A printable working companion. Use pencil, skip pages freely, and return when you are ready.

This printable is not medical, legal, counselling, or crisis care. If this process feels unsafe or unbearable, please contact local emergency/crisis support or a trusted qualified professional.

Contents



Print only the pages you need. Keep the rest for later; these pages are meant to be used slowly.

- 1 Where I am today
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Where I am today



There is no right amount to write. A phrase, a list, or one remembered detail is enough for today.

What grief feels like in my body today:

What I wish people understood:

What I do not have words for yet:

Memory map



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Places that hold memories:

Objects, songs, smells, or sayings that bring them close:

A story I do not want to lose:

Belongings and decisions



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Items I am not ready to decide about:

Items I may want to keep, share, photograph, or donate:

Who can help without rushing me:

Letter page



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Dear...

What I miss most:

What I never got to say:

Support map



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People who can listen:

People who can help practically:

What I am allowed to decline:

Daily care minimums



Use the prompts as a starting point. Cross out what does not fit and keep what helps.

Food / water / sleep minimum for this week:

Appointments or admin I need to handle:

One thing I can leave undone:

☐ water

☐ medication

☐ movement

☐ one message

☐ food

☐ sleep/rest

☐ fresh air

☐ one practical task

Firsts and hard days



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Dates or moments that may hurt:

What I can prepare before then:

Who I can ask to remember with me:

When people ask how I am



Use the prompts as a starting point. Cross out what does not fit and keep what helps.

A truthful short answer:

A boundary sentence:

A person I can be more honest with:

Legacy and carrying forward



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What they taught me:

A habit, phrase, recipe, value, or kindness I can carry:

One small act of remembrance:

Monthly check-in



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What feels different now:

What still feels raw:

One gentle next step:
