

## GRIEF GARDEN PROMPTS

Name and Pronouns:

Email:

1. What feelings come up when you think of a lost family member / loved one? (check all that apply)
  - Remorse
  - Longing
  - Happiness
  - Peace
  - Anger
  - Other
2. What other feelings or contradictions come up?
3. What helps you to move through grief? How do you like to create space for it?
4. Where do you feel grief in your body? Write or say I don't know if you don't.
5. What would you like to communicate to your family / loved ones who have passed?
6. Is there a memory of a lost loved one that you would like to share?
7. What did your lost loved one(s) enjoy in life?
8. What did you learn from them?
9. What are the names of your family members or loved ones who you are grieving?
10. Are there questions that you want to ask other people experiencing grief?
11. Is there another kind of grief that you are experiencing and want to share about, i.e. grieving a life path, a relationship, a part of yourself?
12. Do you want to share anything else?
13. Please check all that apply
  - I consent to my responses being shared publicly
  - I wish to remain anonymous
  - I am interested in recording audio versions of my responses
  - I consent to T. Nico (Restlust) reading my responses for their radio program.