

Prompt Cards for Conversations around Bereavement

How to use:

- 1) Cut out the squares below
- 2) Consider which squares the client says is relevant to them
- 3) Use the relevant squares as conversation starters

A collaborative project with:



Today I am missing...

I am having a hard time with...

The hardest time of day is...

I've been feeling a lot of...

I could use some more...

I could use a little less...

My support system includes...

I find it helpful when...

My loved one had a way of making me feel...

Prompt Cards for Common Concerns around Bereavement

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- 1) Cut out the squares below
- 2) Consider which squares the client says is relevant to them
- 3) Use the relevant squares as conversation starters

A collaborative project with:



I've got no regrets

I get tearful

I feel very alone

I just miss them

I haven't changed anything in their room

I did my grieving before they died

The weekends seem so long

The bed seems so big

I don't know how I feel

We never spoke about what they wanted at the end

I find myself talking to them

I don't like going back to an empty house

I feel like I should have done more

We did everything together

I can only remember the difficult times

Who am I now?

We didn't get to say goodbye properly

I like to go and sit by their grave/ where their ashes are scattered

I still have their ashes at home

My family support has changed

I don't want to burden my children

Mealtimes are the hardest