

THE HEALING POWER OF WRITING A POEM

A POEM:

BY:

- When reading the statement, or having it read to you, in rapid-fire style write down, or speak the first thing(s) that come to your mind. Random? Okay. Cuss words? That's life. Senseless? Maybe not. These are your memories formulating your story. Later deletions or additions are also okay.
- If the deceased was a "Less than Loved One," please do not do this exercise without guidance from a counselor or therapist to ensure that the exercise is appropriate for you.
- At the end of this exercise you will find that you have just written a poem! For more free downloadable poem formats referenced on our website, see the Writing Activities link below, and watch the *Emmy-Winning Story about Pongo* on the Media tab of the chaplaincy link below.

[Writing Activities - Pongo Poetry Project](#)

<https://www.griefandtraumachaplaincy.com/>

A special memory that I have about you is...

What I miss the most about you and our relationship is...

I wish I would have told you a thousand times more....

What I'd like to ask you is...

What I've had the hardest time dealing with is...

A way in which you continue to live on in me is...

Additional special ways in which I'm keeping memories of you alive are