Name _____

## When Hearts Remember

**Directions:** Think about someone you miss. Use the prompts below to write about your feelings and what helps you cope. Be honest and take your time. This is your space to express yourself safely.

**Journal Prompt: "When I Miss Someone"**

1. Who do you miss, and why are they special to you?
2. What are some of your favorite memories with this person?
3. How do you feel when you think about them?
4. What are two things you can do when you start to feel sad or lonely?
5. Who can you talk to for comfort or support when you miss them?

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