

# RECIPE FOR WRITING ABOUT GRIEF

Mary's mother died in 2010,  
Mary's 60-year-old husband David died in 2012,  
and Mary's 8-year-old grandson died in 2013.

BY MARY POTTERY KENYON, adapted from the book,  
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## Self care articles for the bereaved

From the award-winning  
Grief Diaries book series



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An iCare Aftercare resource  
International Grief Institute

[INTERNATIONALGRIEFINSTITUTE.COM](http://INTERNATIONALGRIEFINSTITUTE.COM)

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Sleepless night,  
Rise before dawn.  
Fresh grief hits  
At the bottom of the stairs.  
Heavy fingers  
Pick up the pen.  
Hunt the perfect word,  
Through fog.  
Sorrow.  
Mourning.  
Bereavement.  
Grief-stricken.  
Add expressive terms,  
Melancholy.  
Desolate.  
Forlorn.  
Anguish.  
Slice open  
My veins.  
Bleed  
Profusely.  
Another delicious word.