

25 Questions to Jog Your Memory

(and Help with a Eulogy)

Holding
Space 
with Michelle

holdingspacewithmichelle.org

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Holding Space with Michelle

Because there's no right way to grieve — but you don't have to do it alone

This book is intended for general informational purposes only. It is not a substitute for medical or psychological care. If you are worried about hurting yourself or someone else, please seek help right away. In the U.S., you can dial 911, 988, or contact the Crisis Text Line by texting HOME to 741741.

Grief is deeply personal. Everyone experiences it differently. Anticipatory grief doesn't make later grief easier. Caregivers also need care.

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This guide is meant to offer support and practical ideas. It is NOT a substitute for medical care, mental health treatment, or crisis services.

If at any point you feel unsafe with your thoughts, or worried you might harm yourself or someone else:

- Call 911 (or your local emergency number)
- Call or text 988 (988 Suicide & Crisis Lifeline — U.S.)
- Text HOME to 741741 (Crisis Text Line)

25 Questions to Jog Your Memory — Intro Note

Let's be real:

Writing a eulogy can feel impossible. Sometimes you want to speak. Sometimes you feel forced into it. And then there's the public speaking dread, the mushy grief brain, and the panic of not knowing where to start. That's especially true if you didn't know the person well or if the relationship was complicated.

This guide won't write the eulogy for you. But it will help you look for the pieces — the details that made them who they were, or what they meant to the people around them. Use what helps. Leave what doesn't. There's no "right" way. Just your way.

25 Questions to Jog Your Memory

The Basics

1. What were their full name, nickname(s), and any titles they loved or hated?

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Personality & Presence

6. What made them? (Any quirks, sayings, habits, sense of style?)

[illegible]

[illegible]

[illegible]

[illegible]

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[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

The Stories

17. What's a story that always gets told about them?

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

The Impact

23. How did they help or inspire others?

[illegible]

[illegible]

[illegible]

If the Relationship Was Complicated...

1. What were the good parts you can honor?

[illegible]

[illegible]

[illegible]

[illegible]

5. What would feel honest and kind to say?

[illegible]

[illegible]

[illegible]

Want more support?

Find more grief resources, journals, and card collections at
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Available now:

- Grief Journals — Complicated Relationships, Caregiver, and Lost/Stuck
- Grief Card Decks — Quiet Kindness, Whimsy, Complicated Loss, Narcissist, Caregiver, Soft Ache, and more
- Free Guides — 20 Platitudes That Don't Help (and What to Say Instead)

Upcoming releases:

- Holding Space book series (6 titles)
- 365-day grief activity guides and reflection workbooks
- Celebration of Life planning tools