Questions to Jog Your Memory

(and Help with a Eulogy)



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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)

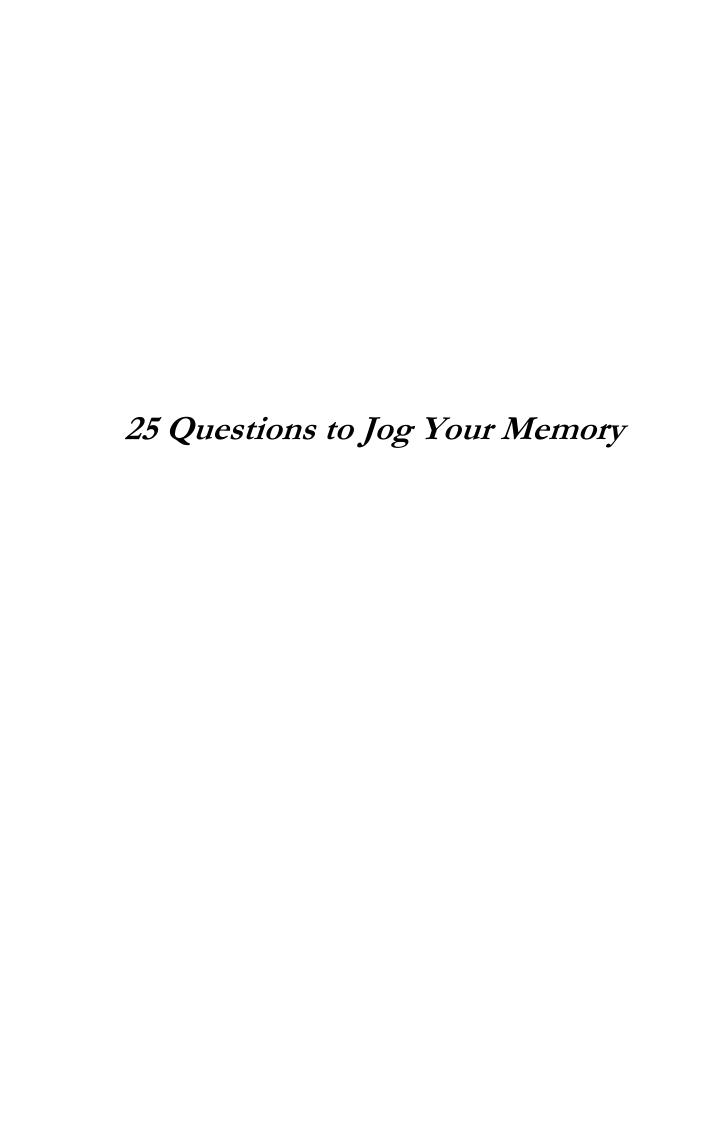


25 Questions to Jog Your Memory — Intro Note

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.



The Basics

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

2.	When and where were they born?

3.	What did they do for work, and what did
	they really care about?

4.	How would they want to be remembered?
-	

5.	Who were their people - family, friends, chosen family, pets? And if they weren't a people person, what was their thing?

Personality & Presence

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

7.	What did books, so clothes, co	ongs,	places,	(Hobbies, animals,	

8.	How did they show love or care?

9.	What them	them	laugh,	and	what	made

10. What was their guilty pleasure?

11.	What music.		-	absolu	tely	hate?	(Food,
		, per	peeve	•)			

12. What was their fashion sense?

3. F	How d	iid the	ey de	corate	e thei	r spa	ce:	
	_							

14. How did they answer the phone?

15.	Did call?	they	have	a	special	way	of	ending a

16.	How did they look? (Their smile, the way
	they walked, or gestures you remember.)

The Stories

17.	What's them?	a sto	ry tha	t always	gets	told	about

18.	What's a story you	remember	that	others
	might not know?			

19.	What's				taught	you,	on
	purpose	e or by a	.CCIQ	CIIL			

20	. Did ti advice	have	any	life	mottos	or	favorite

21. What's something small that will	always
remind you of them?	
J	
	_

22. Is there a song, movie, piece of art, or something in nature that reminds you of
them?

The Impact

23. How did they help or inspire others?

24. What will people miss most about them?

	25.	•			_	thei	r sj	oirit	in	one
_										

If the Relationship Was Complicated...

1.	What were the good parts you can honor?

2.	. What hurt or went unsaid, and do you wan							
	to address that or leave it be?							

3.	What did you learn from the hard parts?

4.	Are there memories worth keeping, even if
	others were painful?

5.	What would feel honest and kind to say?
-	

6.	Is there something you need to say for you,							
	not them?							
-								

7.	Did many other people know that it was a complicated relationship, or was it complicated behind closed doors?



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Find more grief resources, journals, and card collections at holdingspacewithmichelle.org

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