

I Miss You and It Hurts

A grief space for longing, memories and the ordinary moments that suddenly ache.

Missing someone or something can arrive in waves. It may be the big milestones, but it can also be a cup left unused, a familiar sound, a routine, a message you would have sent, a place you automatically look, or the instinct to tell them something before remembering that you cannot in the same way anymore.

Missing is part of the bond

You do not have to stop missing in order to keep living. Grief can change shape while love, memory and connection remain important.

Today I miss...

The ache feels like...

The thing I miss most today

I NEED TO SCREAM BECAUSE I MISS YOU

No filters. No judgement. You do not have to make your grief sound acceptable here.

THIS HURTS BECAUSE...

I HATE THAT...

I WISH...

WHY DID THIS HAVE TO HAPPEN?

WHAT I REALLY WANT TO SCREAM IS...

Write enormous words. Scribble. Draw. Swear. Repeat WHY? Fill the page. Leave it messy.

I WISH YOU WERE HERE

A page for the moment when missing is the whole feeling.

WRITE TO THEM / WRITE TO THE LOSS

Tell them what happened today. Say their name. Write what you miss. Draw. Scribble. Repeat 'I miss you'.
Write to a person, pet, relationship, home, health, future or part of life that is no longer here in the same way.

The Ordinary Things That Hurt Now

Grief often lives in everyday routines as much as major anniversaries.

I KEEP EXPECTING YOU TO...

Walk through the door, call, sit in your chair, answer a message, be at an event, make a familiar sound or be where you always were.

THE SMALL THING THAT CAUGHT ME TODAY

A smell, song, food, programme, joke, photograph, object, place, date, phrase or ordinary task.

THE ROUTINE THAT FEELS DIFFERENT

Morning, bedtime, weekends, shopping, cooking, travelling, celebrations, appointments or simply coming home.

If I Could Have Five More Minutes...

There is no right thing to say in an imagined final conversation.

Five more minutes might be used to say I love you, ask a question, apologise, laugh, sit silently, hold them, tell them what has happened since, say you are angry, hear their voice, or simply have an ordinary moment again. Let your answer be whatever comes.

The first thing I would say

What I would want them to know

What I would want from those five minutes

What I Want to Tell You Today

The relationship can still have a place in your inner life and memories.

TODAY THIS HAPPENED...

What would you normally have told them? What news, frustration, achievement or tiny detail do you want to share?

I WISH YOU COULD SEE...

Something that changed, someone growing up, a place, an achievement, a family moment or who you are becoming.

I STILL WANT TO ASK YOU...

A question, advice, memory, family story, reassurance, opinion or something you never got to understand.

When Missing Lives in My Body

Longing can be physical as well as emotional.

You might notice heaviness, chest ache, a hollow stomach, tears, fatigue, restlessness, tightness, nausea, sleep changes, numbness, reaching for them automatically, loss of appetite, needing comfort or a sudden wave that seems to arrive from nowhere.

When a wave hits, my body...

The places / times I feel the missing most

What helps my body through the wave

Keeping a Connection Without Being Told to Move On

Continuing bonds can take many forms, and none are compulsory.

Some people find comfort in photographs, recipes, music, traditions, visiting a place, talking about the person, writing letters, wearing or keeping an object, supporting a cause, telling stories, marking dates or asking 'what would they say?'. Others need distance from reminders for a while. Both can be valid.

A memory I want to keep close

A way I might stay connected

A reminder I need permission to put away for now

When the Wave Comes

You do not have to make the missing disappear; you can support yourself through it.

WHAT HELPS ME STAY WITH IT

Crying, writing, talking, music, quiet, movement, a familiar object, being outside, looking at photographs or simply letting the wave pass.

WHAT MAKES IT HARDER

Being rushed, being told to move on, anniversaries, isolation, certain places, exhaustion, practical stress or people avoiding their name.

WHAT I NEED FROM OTHER PEOPLE

Listen, sit with me, say their name, give me space, check in, help practically, do not fix it, remember important dates - or something else.

Missing You Can Sit Beside Living

Carrying a bond forward is different from forgetting or leaving it behind.

A message from Maggie

Missing someone can appear in the most ordinary moments. You may be coping and then suddenly want to tell them something, hear their voice or have one more completely normal day. There is no timetable for when that should stop hurting. You do not have to erase a relationship in order to continue living. Memories, rituals, stories and the things they taught you can travel with you. Some days you may want those connections close; other days you may need a break from reminders. Grief can make room for both. You are allowed to miss them exactly as you do today.

Something I want to remember today

What I need when I say "I miss you"

Example: 'Please don't try to make this better. Let me talk about them for a little while.'

Books & further reading

- Megan Devine (2017). It's OK That You're Not OK.
- Julia Samuel (2017). Grief Works.
- Dennis Klass, Phyllis Silverman & Steven Nickman (eds.) (1996). Continuing Bonds.
- Cruse Bereavement Support - bereavement information and support.

If grief becomes unbearable or you feel unable to keep yourself safe, seek appropriate urgent support.