



PREGNANCY LOSS

No right words required.

Use the words that fit your experience of loss.

For pregnancy loss, including miscarriage or stillbirth. No details about the event are required. You can acknowledge this loss privately, with others, or not on this page.

01 What kind of support would help today?

A meal, help with errands, space, company, or someone to handle updates. Different people may need different things.

02 What do I want shared, and with whom?

Choose any privacy boundary. Example: "Please do not share this news without asking me first."

03 Plan for one difficult moment.

An appointment, due date, announcement, or gathering. What option, exit plan, or support person might help?

MY SUPPORT REQUEST

Today, it would help if someone could...



PREGNANCY LOSS

A place for what matters.

No lesson, silver lining, or timeline needed.

Skip any prompt that hurts more than it helps. You do not have to find meaning, forgive anyone, or decide about another pregnancy. Physical recovery questions belong with your medical team.

01 What I wish someone understood is...

You may write about feelings, hopes, silence, or the practical demands of the day.

02 What I want acknowledged, in my own words...

A loss, a hope, a name, an imagined future, or simply how hard this is.

03 What would make the next day a little more supported?

A boundary, a caring person, practical help, or professional support.

PERMISSION FOR TODAY

One expectation I can set aside for now:

Further reading: NICHD: Pregnancy Loss Resources

[Open the resource online \(click here\)](#)