



Submission Guidelines

“The Anthology.”

Before you get started

Hi friend. Thank you for submitting your story and being a part of this journey. Losing someone you love is a really hard thing to go through. It's even harder waking up each day to live while your person is dead, but you keep doing it. This is where your story comes in. My goal in producing this book is not only for your story to be heard, but for another teen down the line to feel less alone. To know that when they read this book, they realize they're not the only ones dealing. Let's be honest, it feels so lonely sometimes. All the time – and this is my call to the answer. The world needs this book.

Your story is important to me. You have free liberty to share what you want to share (no matter how dark it may be). I welcome it because it is your truth. Share your truth, respectfully, but share **YOUR** truth. You can decide what you want to write about if it relates to your personal grief journey.

I reserve the right not to use any submission in the final version.

Happy writing. (That's a joke!)

All the best,

Shanice

Shanice McLeish
Grieving It, Owner



Submission Guidelines

“Grief: Written for Teens by Teens | The Anthology.”

Personal Information

First & Last Name:

Age:

Name of the person who died in your life:

Relationship to the person who died:

Email:

Minors (If you are under 18 years of age):

Parent/Guardian Name:

Parent/Guardian Phone Number:

Submission

1,000-word limit.

Helpful notes or prompts to get you started:

1. *What has the journey been like? The good, the bad, the ugly?*
2. *Healthy coping vs. unhealthy coping skills*
3. *Experiences at school (before or after the death)*
4. *Tell me how your friends have supported you after the death? (Or have they not been helpful?)*
5. *Who are you 'now'?*
6. *How do you cope with everyday life?*
7. *What advice would you give to your younger self?*
8. *Tell us about the most traumatic part of the journey?*
9. *Stepparents? 1-10, do you recommend? Why or why not?*
10. *Feeling alone? Tell us why.*
11. *What has gotten you out of the dark times/moments?*
12. *Thank someone who has been there for you... consistently.*
13. *Today I feel... Today I really miss...*
14. *If I could go back in time, I would do this differently...*
15. *They things (insert name here) will miss out on.*
16. *What did you love most about your loved one?*
17. *Share a favorite memory, paint us a picture!*
18. *I don't ever want to forget...*

Grieving It

NORMALIZE GRIEF.

19. *What I wish I knew...*
20. *What are you planning to do that would make your loved one proud?*
21. *One last time... what would you say? What would you do?*
22. *How can you make the world better for those who are grieving?*
23. *What advice would you give a teenager?*
24. *I am grateful for...*
25. *Grief is...*
26. *Write about the events that led up to your loved one's death.*
27. *What I have discovered about myself after losing my (insert relationship here) is...*
28. *I need to forgive (insert person here) for...*
29. *People say I'm like my (insert relationship here) in this way...*
30. *How do you describe a grief journey?*

Submitting your final work

Email as a word document and/or PDF to grievingit@gmail.com

Title the email subject "Anthology Submission – Name"

You will receive a confirmation email from grievingit@gmail.com within 48-72 hours.