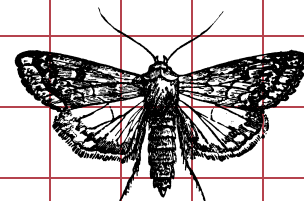
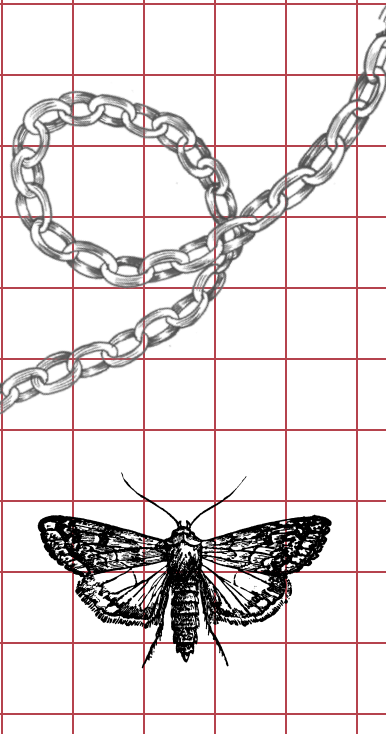
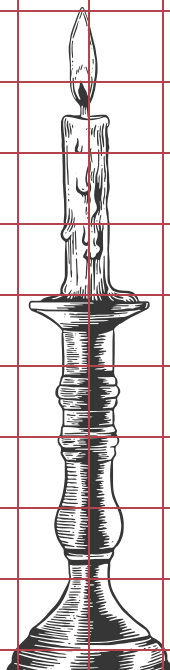
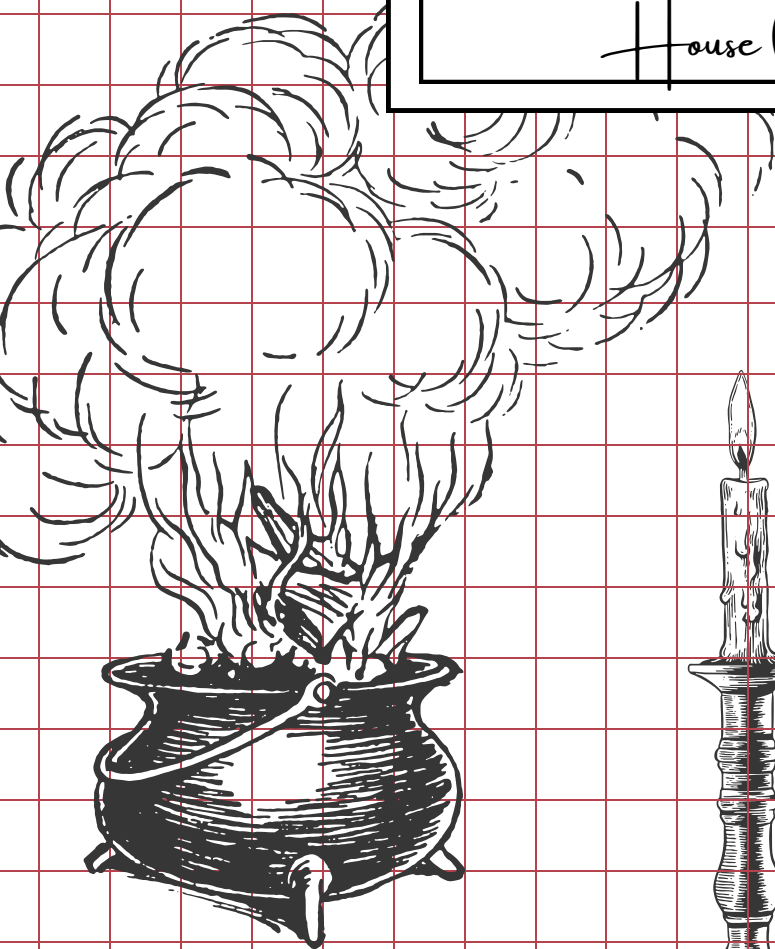
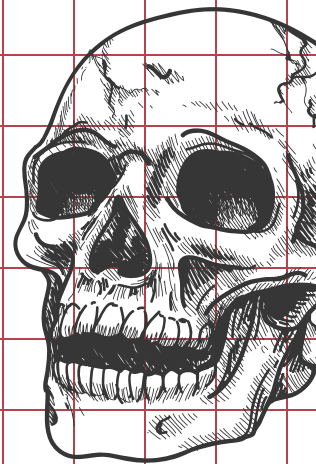


Bleed, Break, Heal

Mini Workbook of Hurt/Comfort Writing Prompts

Build raw, unforgettable
emotional scenes your readers
won't forget.

House Of Teeth



WELCOME TO THE AFTERMATH

Whether you write fanfic, original fiction, or character-driven fantasy, **Hurt/Comfort** isn't just a trope—it's emotional survival on the page. These prompts are designed to help you write scenes that break your characters just right, while giving your readers the catharsis they secretly crave.

No fake stakes. No cheap drama. Just real, messy, human aftermath. Let's build something worth bleeding for.

How to Use This Workbook:

- Pick a prompt that speaks to your characters' worst (or best) moments.
- Explore both the hurt and the comfort.
- Focus on connection—who shows up when no one else does.

Before You Start

Writing emotional damage isn't about being cruel to your characters—it's about making readers feel something real.

As you work through these prompts, keep these questions in mind:

- What is my character most afraid to lose?
- Who do they trust to see them break?
- What lie do they tell themselves to keep going?
- What does comfort look like to them—even if they don't know how to ask for it?

Tip: Focus on Sensory Details

Make your scenes tangible. Don't just tell us they're hurting—show us.

- The tremble in their hands.
- The blood on their teeth.
- The way their voice breaks on a single word.
- The warmth of another hand gripping theirs a little too tight.

Let readers feel it in their chest.

Ready? Let's ruin some lives (lovingly).

WRITING PROMPTS

1. The Breaking Point

Your character has been holding it together for too long. Write the moment they finally snap—who witnesses it, and who refuses to leave when they fall apart.

2. The Unspoken Injury

Your character hides an injury (physical or emotional) because they don't want to seem weak.

Who notices first? What do they do about it?

3. The Caretaker's Frustration

Your caretaker character is exhausted, angry, and scared for the one they're helping.

Write the moment they almost give up... but choose to stay anyway.

4. Fevered Confessions

Your character, half-conscious with fever or pain, says something they'd never admit if they were fully aware.

Does the caretaker believe it—or pretend they didn't hear?

5. Silent Comfort

Write a scene with no dialogue—just quiet actions. Holding hands. Cleaning wounds. Sitting in the dark together.

Sometimes, the loudest moments happen in silence.

6. The Wordless Apology

Something went wrong. Your character can't bring themselves to say they're sorry—so they show it instead. What does that silent apology look like?

7. The Fight That Was Never About the Fight

Two characters argue loudly while one of them is clearly not okay—physically or emotionally.

Write the moment when the fight cracks open and the real pain spills out.

8. The One Who Snaps First

Write a scene where the caretaker breaks before the injured one does.

Who pulls them back from the edge when they fall apart in front of the very person they were trying to save?

9. The Aftermath

Your character survived... but nothing feels the same.

Write the moment they realize they're still carrying the weight of what happened. Does anyone notice? Do they let anyone in?

10. The Aftercare No One Talks About

Your character has survived something brutal—but no one knows what to do with them now.

Write the quiet, messy, too-real aftermath:

the bandages, the nightmares, the way they flinch when someone gets too close.

Tip: Remember the Stakes

Every Hurt/Comfort moment should cost something.

Make us believe your character could lose everything—even if all they really lose is their pride.

Ask yourself:

- What changes after this moment?
- What will they never be able to take back?

Bonus Challenge: Flip the Roles

Take one of the scenes you just wrote and flip the dynamic.

Let the strong one fall apart. Let the weaker one be the one to stay. See what changes when the power shifts.

You're Done... But Are They?

Now that you've built the wreckage—who's still standing?

Feel free to share your favorite scene with me on social media or tag it with [#LetEmSeeYourFangs](#). I'd love to see who you broke (and who you saved).

Let's keep writing the aftermath together.

[@HouseOfTeethSaga](#) / [@_houseofteeth](#) / [@houseofteeth](#)

[illegible]

REFLECTION SPACE

After writing each scene, pause and ask yourself:

- What did this moment reveal about my character that surprised me?
- How does this change their relationship with the one who stayed?
- Would they ever admit how much this moment mattered?

Got down your answers here:

[illegible]