

UNDERSTANDING LOSS

When someone you love dies, you have lots of different feelings. Taking the time to understand these feelings will help you through the grieving process.

Fill in these statements to help you express your thoughts and feelings.

The thing I miss most about _____ is _____

I get angry when I think about _____

I wish that _____

When people die I think _____

The biggest thing that is going to change for me is _____

When I'm feeling sad or upset I can _____

When people talk to me, I wish they would _____

Something that helps me remember _____ is _____

One question I'd like answered is _____

Some people I'd like to talk to more about what happened are _____
