

Sorting Out Feelings About Your Loss

It is likely that different thoughts of someone who has passed make you feel different ways. Put a different feeling in the first sentence of each box. Then identify the things that make you feel that way.

I Feel _____ When I Think About:

1. _____

2. _____

3. _____

4. _____

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1. _____

2. _____

3. _____

4. _____

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1. _____

2. _____

3. _____

4. _____

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