

How Did Your Loved One Die?

When you are young sometimes people don't tell you everything you want to know about how a loved one died. Many times it's hard for people to talk about what happened, and they don't realize that it's important for children to talk about a loved one's death, ask questions, and express their feelings. You can use this worksheet to ask questions about your loved one, but remember that you can ask questions at any time, and you don't have to just use this worksheet. If one adult doesn't want to talk to you, then you can find another adult you can talk with.

How old was your loved one when he/she died?

What is the date that your loved one died?

What caused the death of your loved one?

What was you loved one like in the time before his/her death?

Are the other questions you have about how your loved one died? Write them here.
