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 aboutis	
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	

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