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MY JOURNEY



An Interactive Workbook

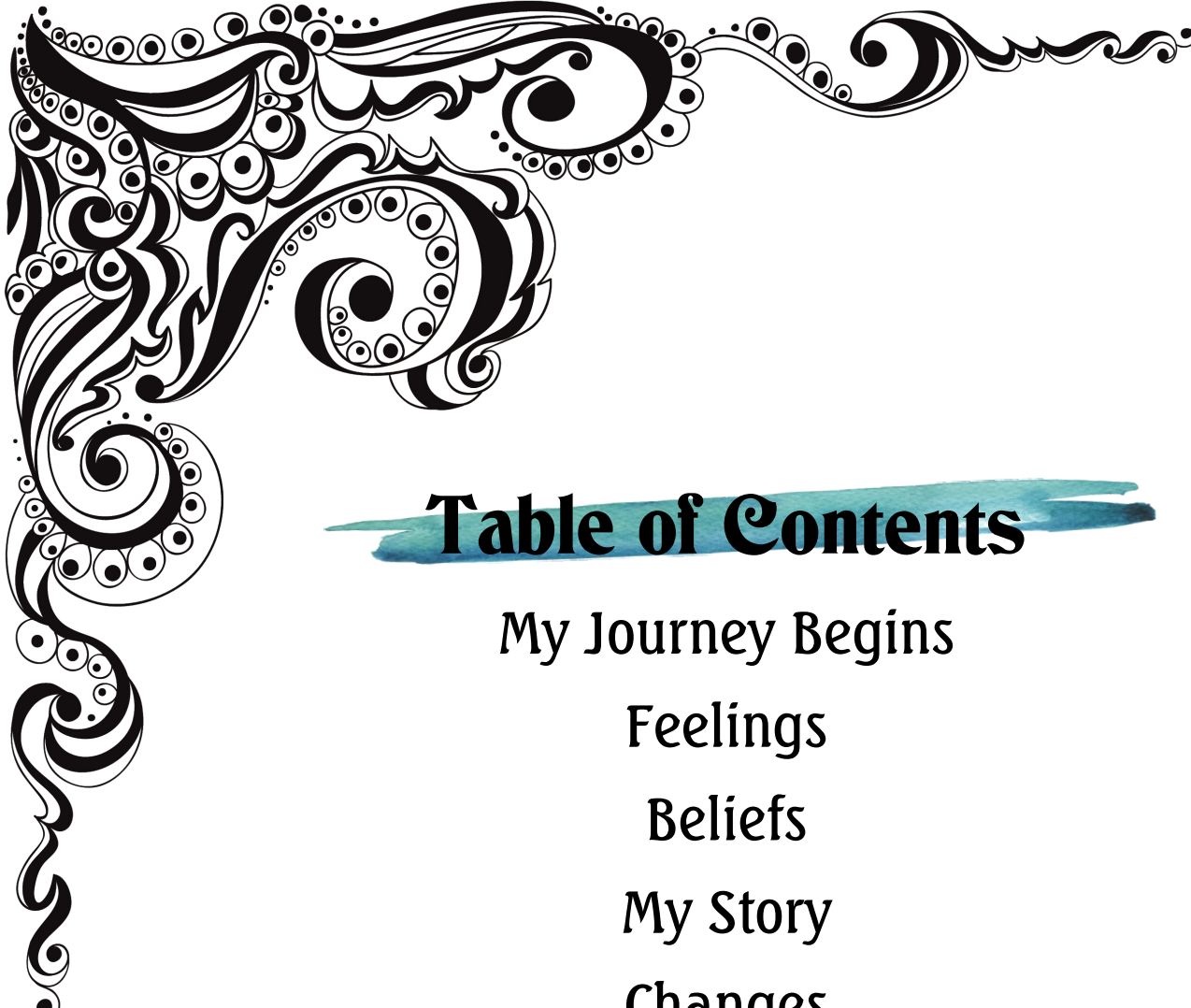


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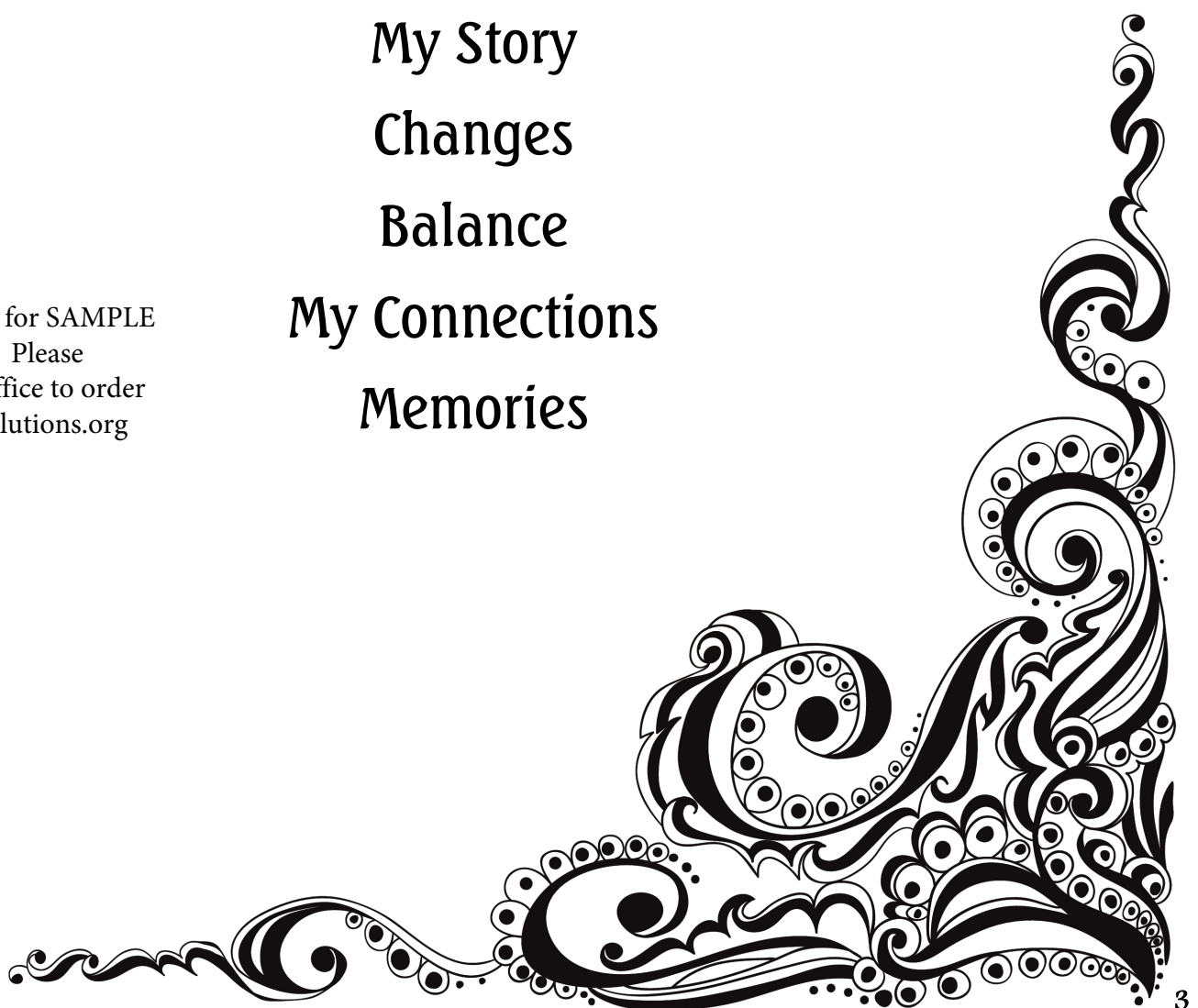
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MY JOURNEY BEGINS

My Journey Begins

Grief is sometimes referred to as a journey, as it is a process that takes place over time. During this time, you are trying to figure out how to move forward without your loved one. Let this workbook serve as your guide for your journey.

Feelings

There are many different feelings associated with grief. It is important to have a safe place to express such feelings as they can sometimes be confusing and intrusive. Often times, these feelings seem to take control and affect every aspect your life. Allowing for the expression of such feelings will allow you to control these feelings in time.

Beliefs

There is not one single belief when it comes to death. Your family culture and experiences help shape your beliefs. Allow yourself the opportunity to explore thoughts and ideas to help establish your beliefs about death.

My Story

The day your loved one died will forever remain something private and precious etched in your mind. Often times, it becomes a heavy burden. Utilizing the opportunity to recall the events and share your story can often lighten the burden and provide clarity.

Changes

The death of a loved one often results in changes. It changes roles, dynamics and everyday events within the family structure. Although change is constant, changes resulting from a death are most often unexpected. Being able to recognize the connection between these changes and changes in thoughts, feelings, and behaviors will help in the transition to your new normal. You will experience growth through change.

Balance

Life is a balancing act. Death causes imbalance in all areas of your life. You need to explore ways to cope and allow for your continued growth and achievement of goals. You can establish and maintain balance. No one but you can do this.

My Connections

Part of your journey is finding ways to allow your loved one to live on in your life and remain connected you. Through your journey, you will also gain an understanding that although you have lost the physical presence of your loved one, they will remain a part of you forever.

Memories

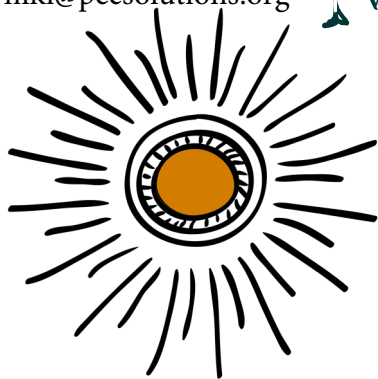
Memories help to affirm that grief can be managed and you can move forward in a positive way. As you progress through your journey, those memories that were often painful and caused great heartache will now bring you happiness, peace, and comfort.

Notice your inner experience - listen to your thoughts, judgments, beliefs, attitudes and feelings.

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MY STORY



ABOUT ME

Name - Age - School -
Grade - Where I Live -
Hobbies - Interests

BEFORE MY SPECIAL PERSON DIED

Your Family Life, School Life,
Friends and General Lifestyle

MY SPECIAL PERSON

Their Name - Their
Relationship To Me

THE WORST PART

Describe The Worst Part Of
The Day Your Special Person Died

When you stand and share your story in an
empowering way, your story will heal you
and your story will heal somebody else