

ABOUT ME

My name is _____.

My _____ died on _____. I was _____ years old.

This is how I felt when I knew that you died.....

This is what I thought.....

What worries me most is.....

I regret.....

The hardest time of day.....

What I fear.....

What I'm angry about.....

My dreams.....

My worst nightmare.....

My best dream.....

I thought I saw you.....

Some of the changes in my life since the death are.....

My friends.....

My family.....

My grades.....

I hope.....

What helps me get through each day.....

How faith helps me in this loss.....

What I believe about life after physical death.....

How this belief helps me in this loss.....

My plans for the future.....