Put a picture of your loved one here.

A Personal Note to You

Two of my children were teenagers when their father died. I have watched them struggle throughout the years. I have often wished there had been a book similar to this one for them. You can use this book in several ways. If you are in a support group, you can use it there or individually with a counselor. Or, you may wish to work on it on your own. If you choose to do it by yourself, I would urge you to share it with an adult as you go along.
MY STORY

The person who died in my life is ____________________________________________
and was ________________ years old. The date of the death was ________________

He/she was my __________________________________________________________

The cause of death was __________________________________________________

I found out about the death when _____________________________________________
________________________________________________________________________
________________________________________________________________________
What I remember about the funeral is
________________________________________________________________________
________________________________________________________________________

My first feeling was ___________________ because ____________________________
________________________________________________________________________
________________________________________________________________________

Now I feel _________________________ because ______________________________
________________________________________________________________________
________________________________________________________________________

What makes me most angry is ______________________________________________
________________________________________________________________________
________________________________________________________________________

I worry about ______________________ because _____________________________
________________________________________________________________________
________________________________________________________________________

The hardest thing about school is ______________ because ______________________
________________________________________________________________________
________________________________________________________________________

My friends help me by _____________________________________________________
________________________________________________________________________
________________________________________________________________________

The advice the adults in my life give me is _________________________________
________________________________________________________________________
What I miss the most about my loved one is
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
What I miss the least is __________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
What helps me the most is
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
What helps me the least is ________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Using the boxes below, write the name of your loved (one letter in each box). Then using
the letters, write a characteristic that your loved one had. For example “J”-jolly:

☐  ________________________________________________

☐  ________________________________________________

☐  ________________________________________________

☐  ________________________________________________

☐  ________________________________________________

☐  ________________________________________________

☐  ________________________________________________

☐  ________________________________________________

☐  ________________________________________________

☐  ________________________________________________

☐  ________________________________________________
THIS PROCLAMATION IS WHAT I WOULD LIKE THE WORLD TO KNOW ABOUT MY LOVED ONE
HERE ARE SOME PICTURES OF THE TWO OF US
WRITE A POEM OR SONG
THAT REMINDS YOU OF YOUR LOVED ONE
AND EXPLAIN WHY
MY FUNNIEST MEMORY OF MY LOVED ONE IS:
THERE ARE A FEW THINGS I STILL NEED TO TELL YOU. HERE IS A LETTER TO YOU.

Dear _________________________________________________

____________________________________________________

____________________________________________________

____________________________________________________

____________________________________________________

____________________________________________________

____________________________________________________

____________________________________________________

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____________________________________________________

___________________________________________________________________________________________
CREATE A COLLAGE THAT REMINDS YOU OF YOUR LOVED ONE. TRY USING PICTURES AND WORDS FROM MAGAZINES.
MY FUTURE LOOKS LIKE…

SIX MONTHS FROM NOW:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

ONE YEAR FROM NOW:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

FIVE YEARS FROM NOW:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

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ADVICE I HAVE FOR OTHER TEENS WHO HAVE HAD A LOVED ONE DIE
THIS IS NOT THE END, IT IS A NEW BEGINNING
OF A NEW CHAPTER IN MY LIFE …