

The Losses In My Life

All of our relationships affect us both in positive ways as well as in negative ways. When someone dies there are things about the relationship we want to remember and things we'd rather forget. No relationship is perfect. Use this worksheet to start exploring the details of the people in your life that have died. Use additional pages, if necessary.

Name of the person I lost: _____

What was the relationship (eg: spouse, parent, sibling, friend, child, etc...) _____

When and how did they die?

Describe what was our relationship like?

In what way did the relationship affect you positively?

In what way did the relationship affect you negatively?

What's been the hardest part about their dying?

What do you always want to remember about this person?

If you could say one last thing to this person, what would you say?

If you could do one last thing with this person, what would it be?

If you could hear one last thing from this person, what would it be?