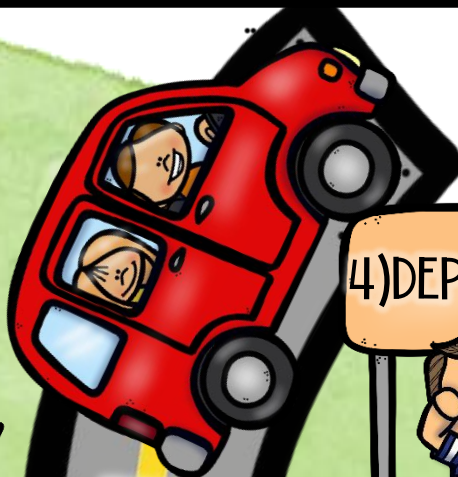


MY HEALING
JOURNEY
FULL COLOR

"I'M GOING TO BE OKAY. I DON'T LIKE WHAT HAPPENED, BUT I CAN'T CHANGE IT. I MISS THEM BUT I CAN STILL FIND JOY AND PURPOSE IN MY LIFE."

5)ACCEPTANCE



4)DEPRESSION



"I'M SO OVERWHELMED WITH SADNESS. I JUST WANT TO BE ALONE."

3)BARGAINING



"PLEASE! I'LL DO ANYTHING TO BRING THEM BACK! IS THIS ALL MY FAULT?"

2)ANGER



"THIS ISN'T FAIR! I'M SO ANGRY I COULD EXPLODE! WHY DID THEY HAVE TO DIE? WHY IS THIS HAPPENING TO ME?"

1)DENIAL



"THIS CAN'T BE HAPPENING! THIS DOESN'T MAKE SENSE!"

MY HEALING JOURNEY

BOY JOURNAL

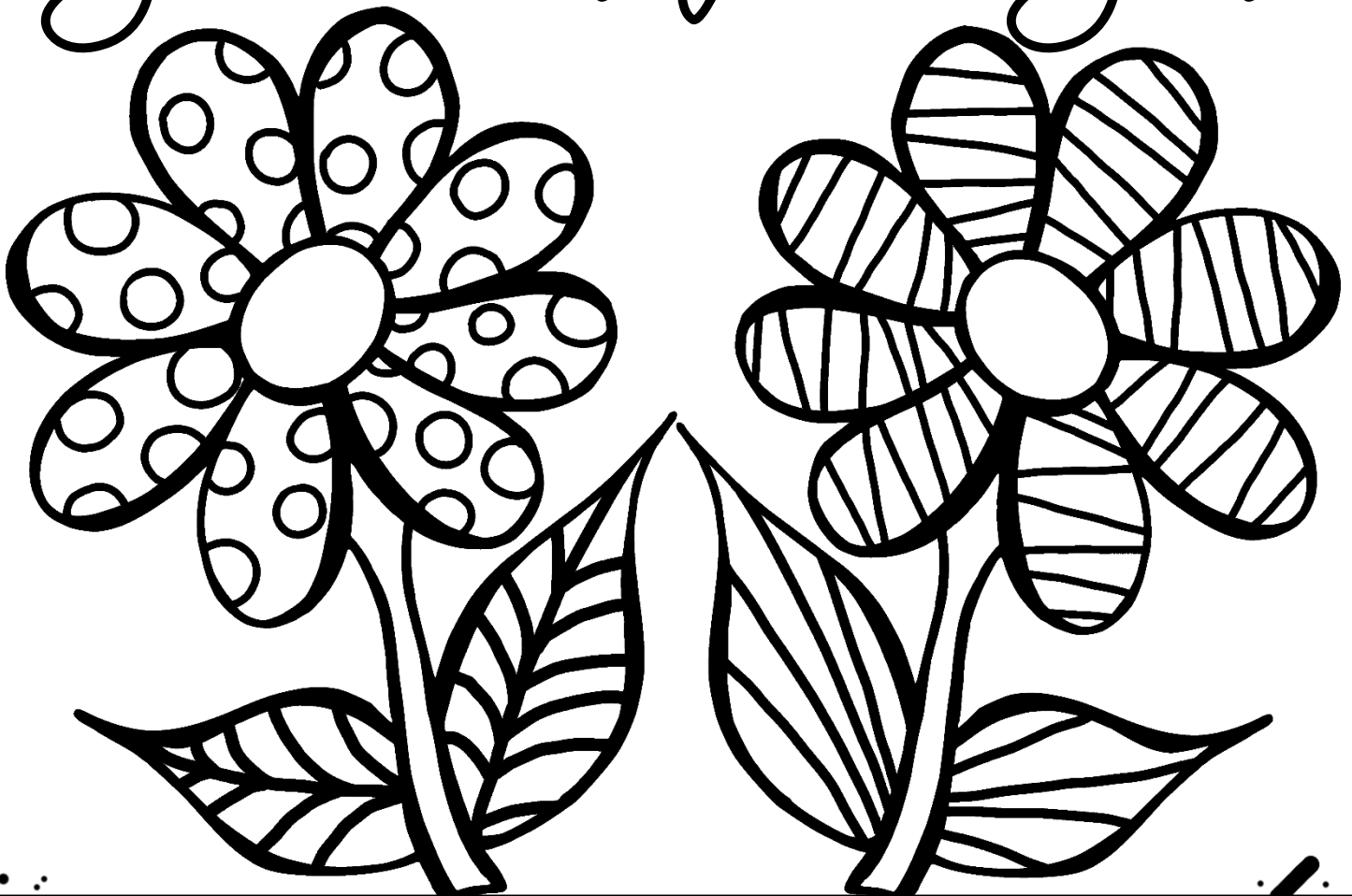


Name: _____

My Healing JOURNAL



GROW
through
WHAT YOU
go through.



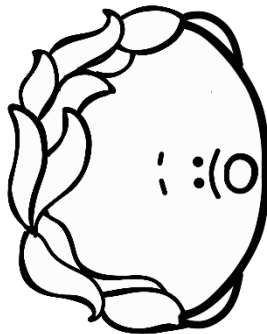
_____ & ME



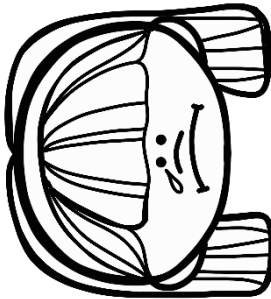
FEELINGS Check-In

When I found out that _____

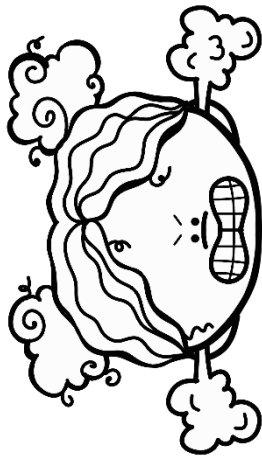
passed away I felt...



Shocked



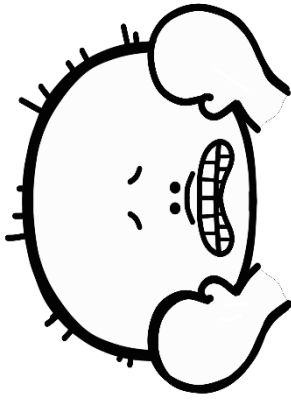
Sad



Angry

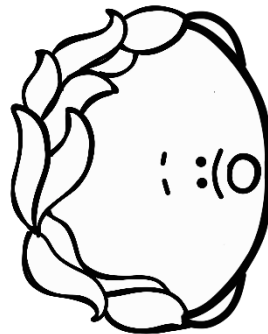


Confused

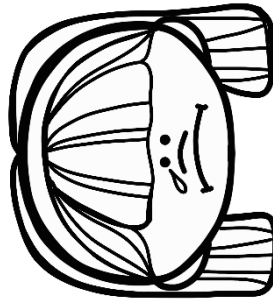


Scared

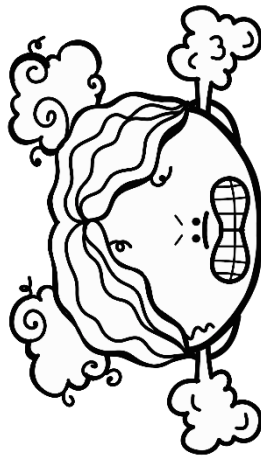
Soon after they passed I felt...



Shocked



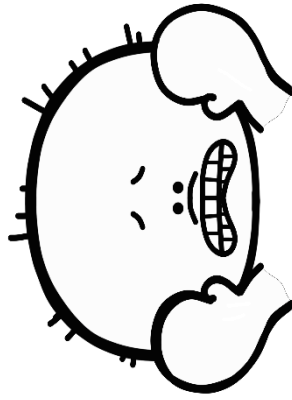
Sad



Angry

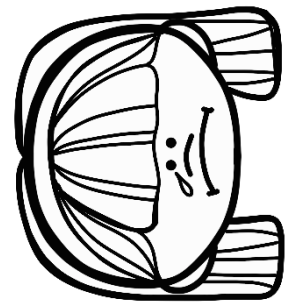


Confused

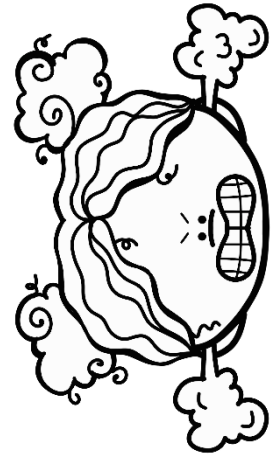


Scared

Now I feel...



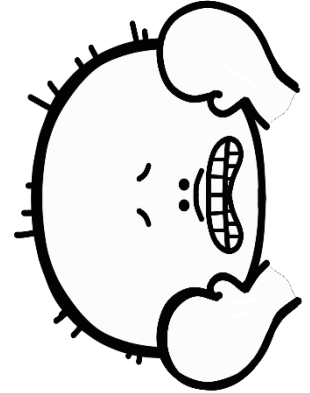
Sad



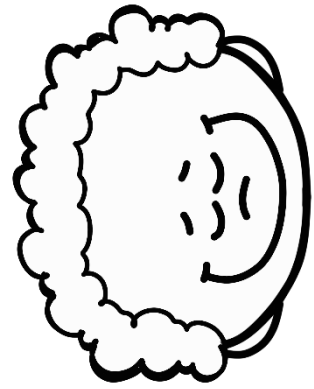
Angry



Confused

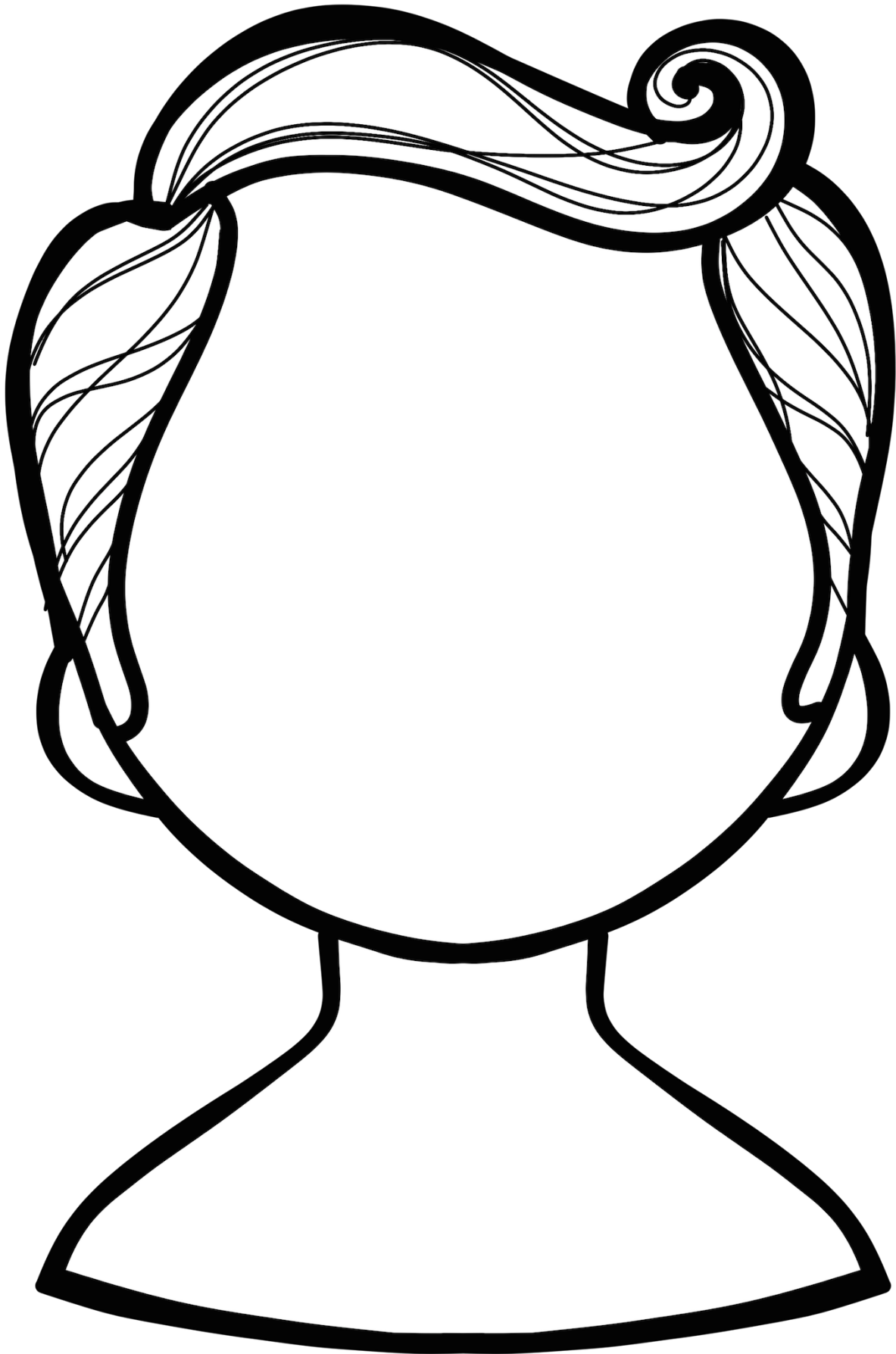


Scared

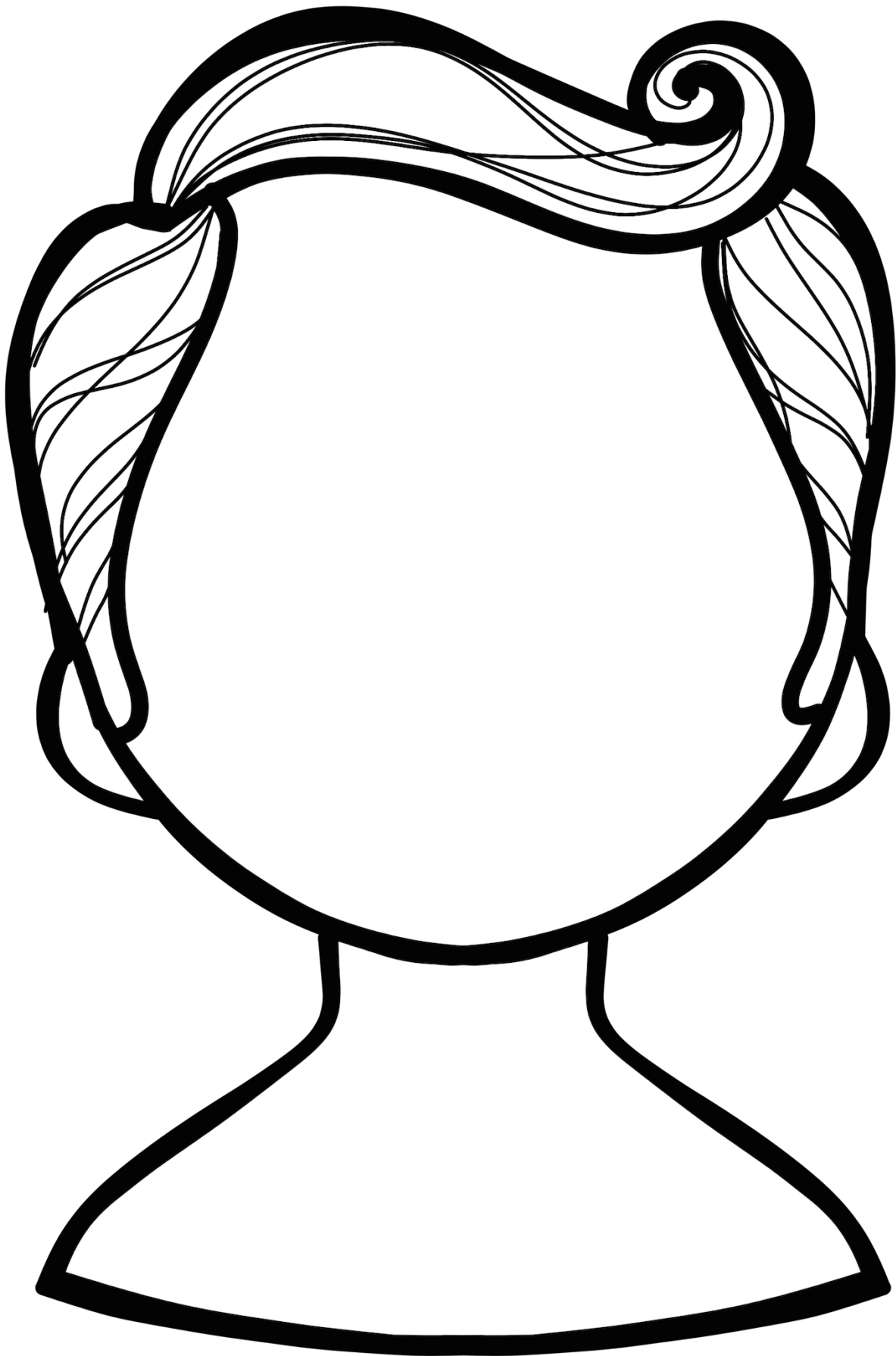


At peace

This is how I felt after I found out that
_____ passed away.



This is how I feel now.

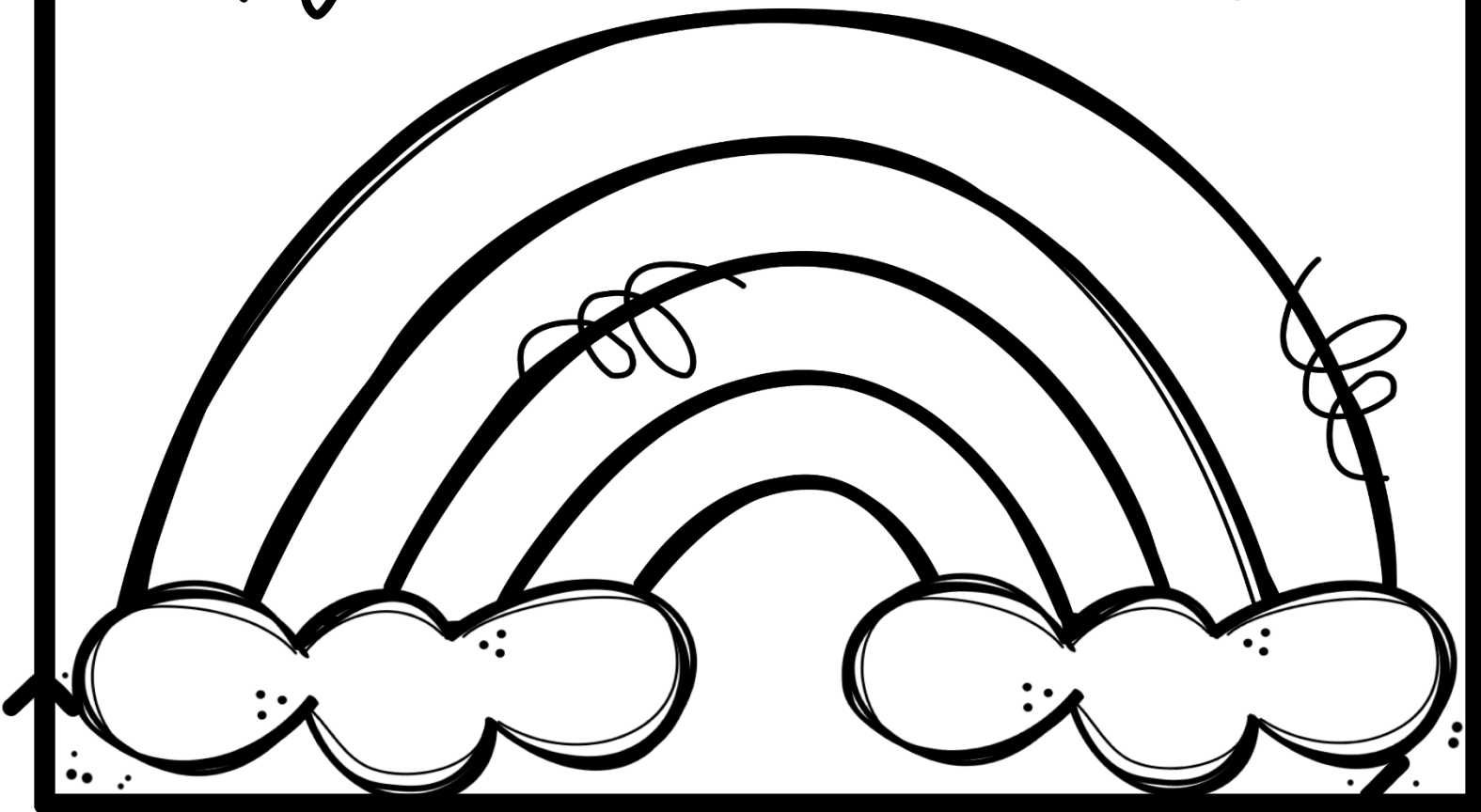
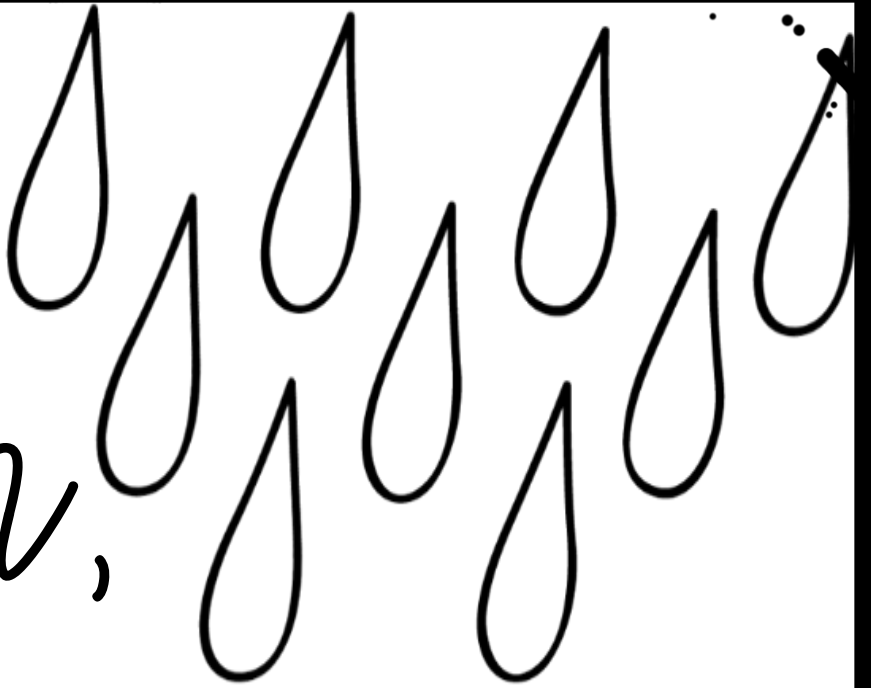


NO

rain,

NO

rainbows.

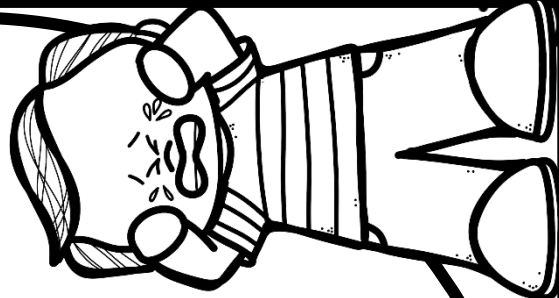
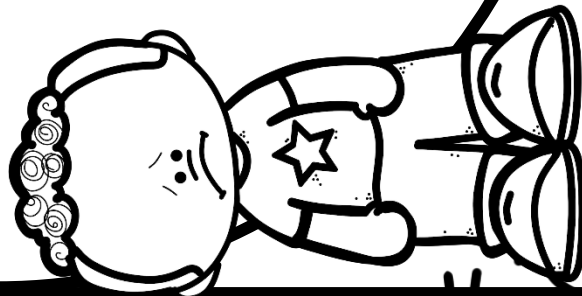
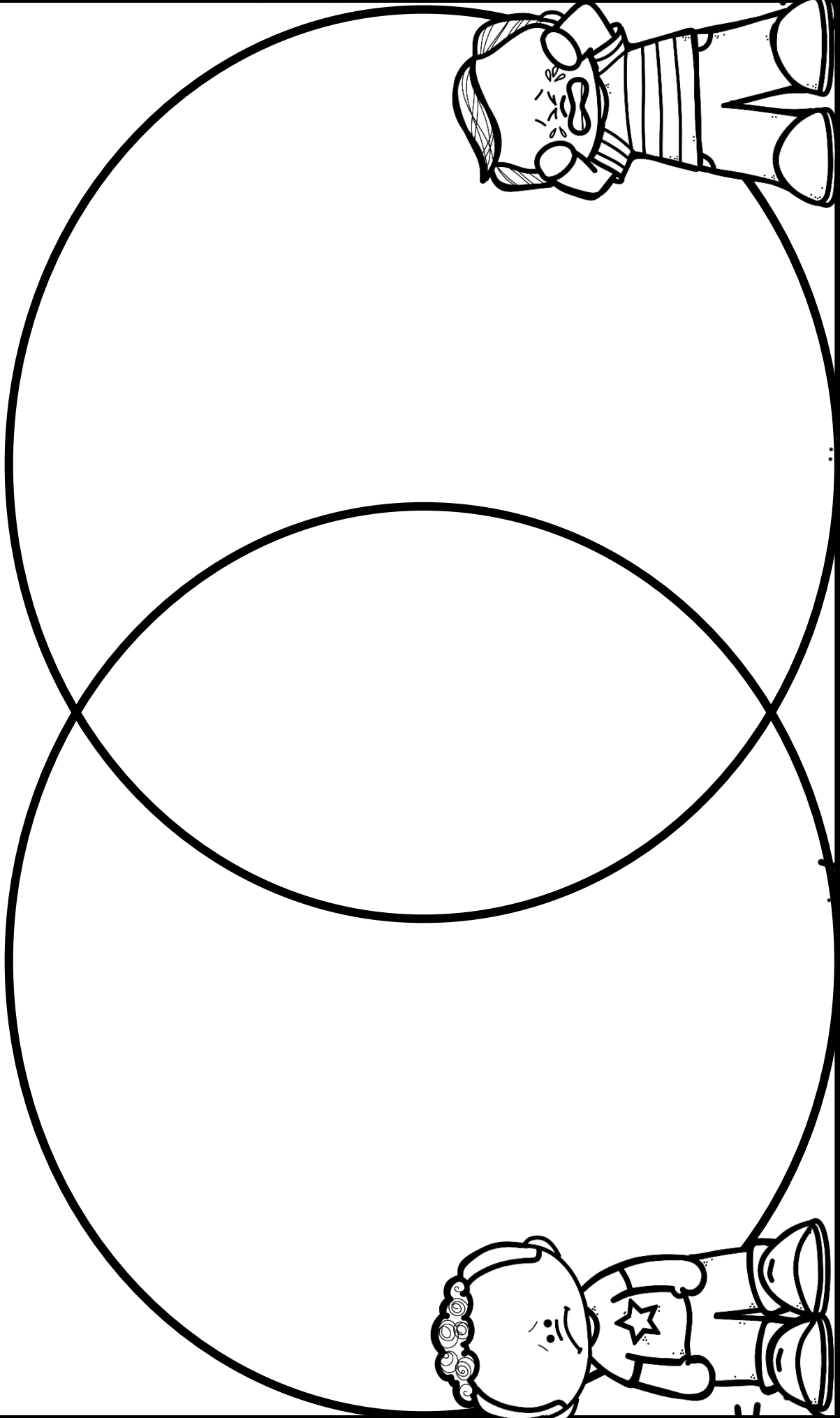


Let's Chart our FEELINGS!

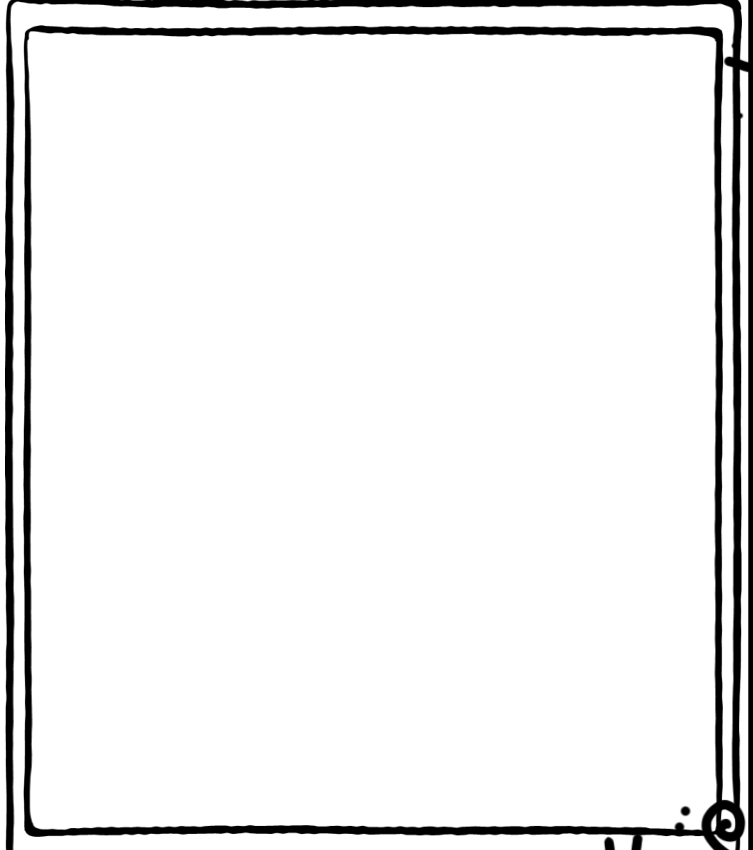
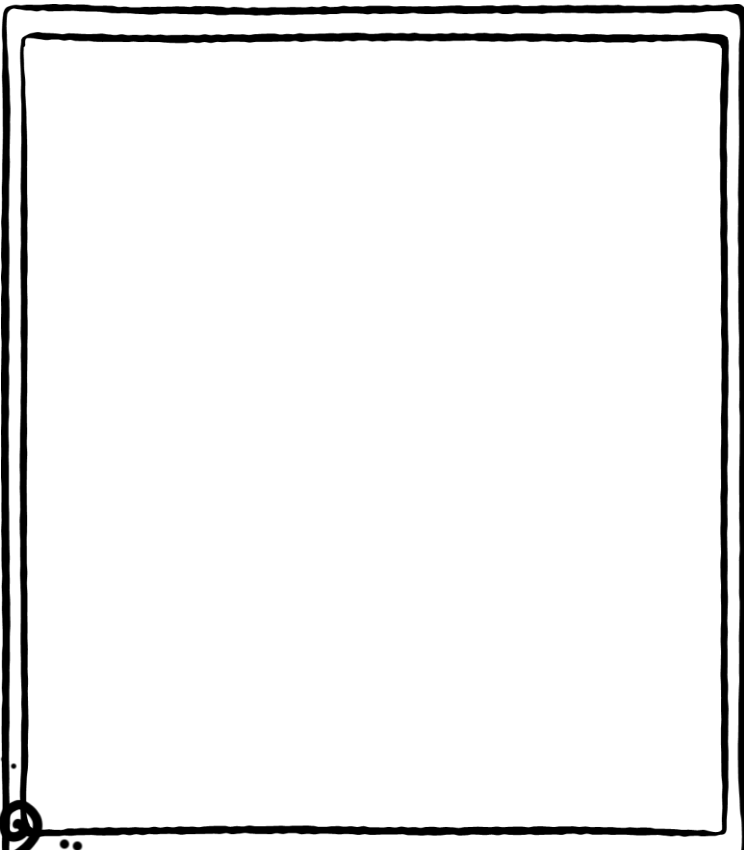
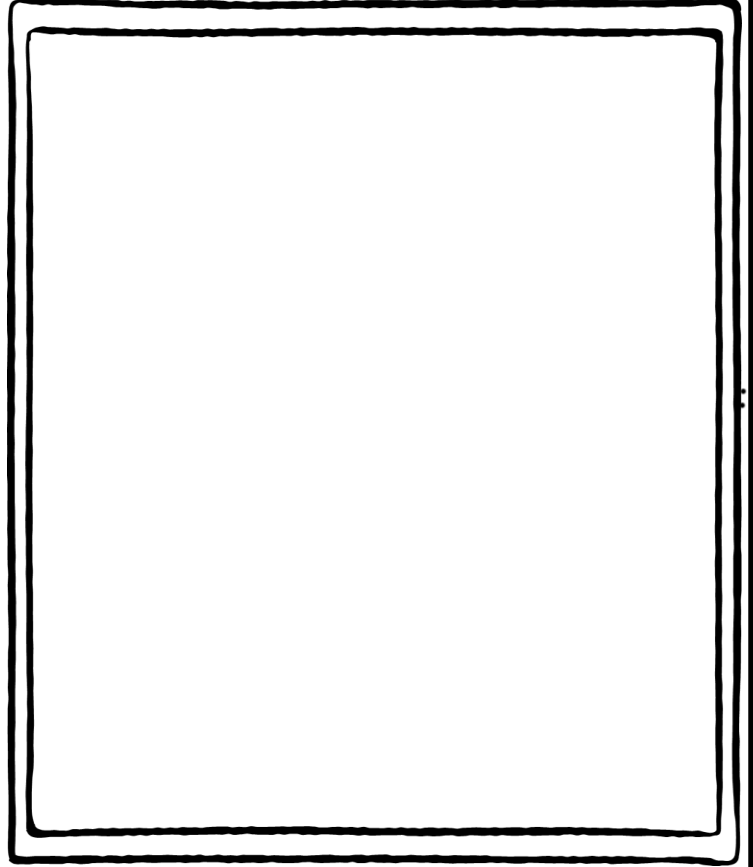
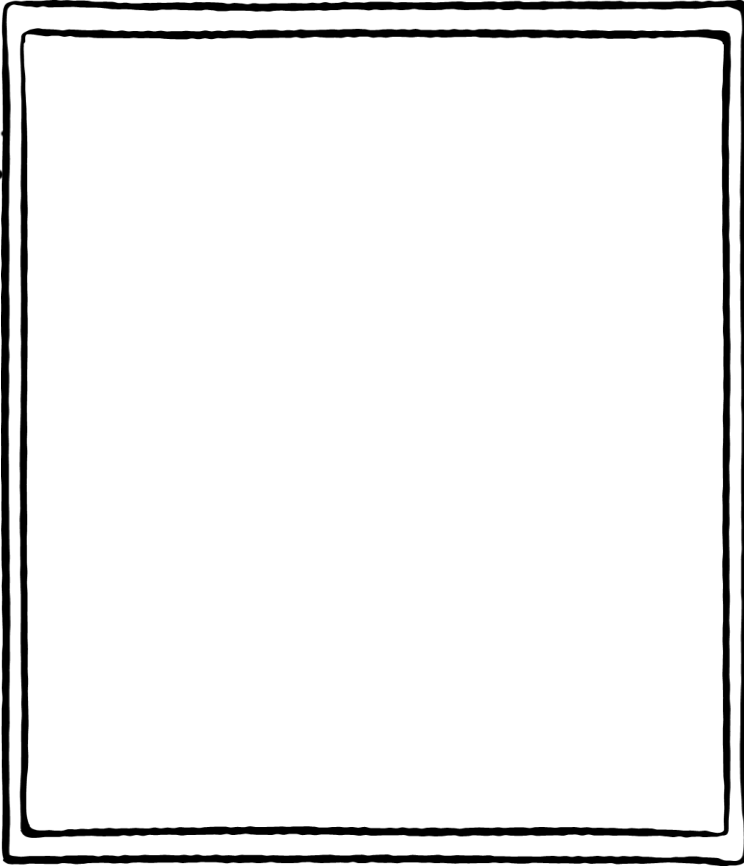
My Feelings

Feelings Bryan and
I both have had

Bryan's Feelings



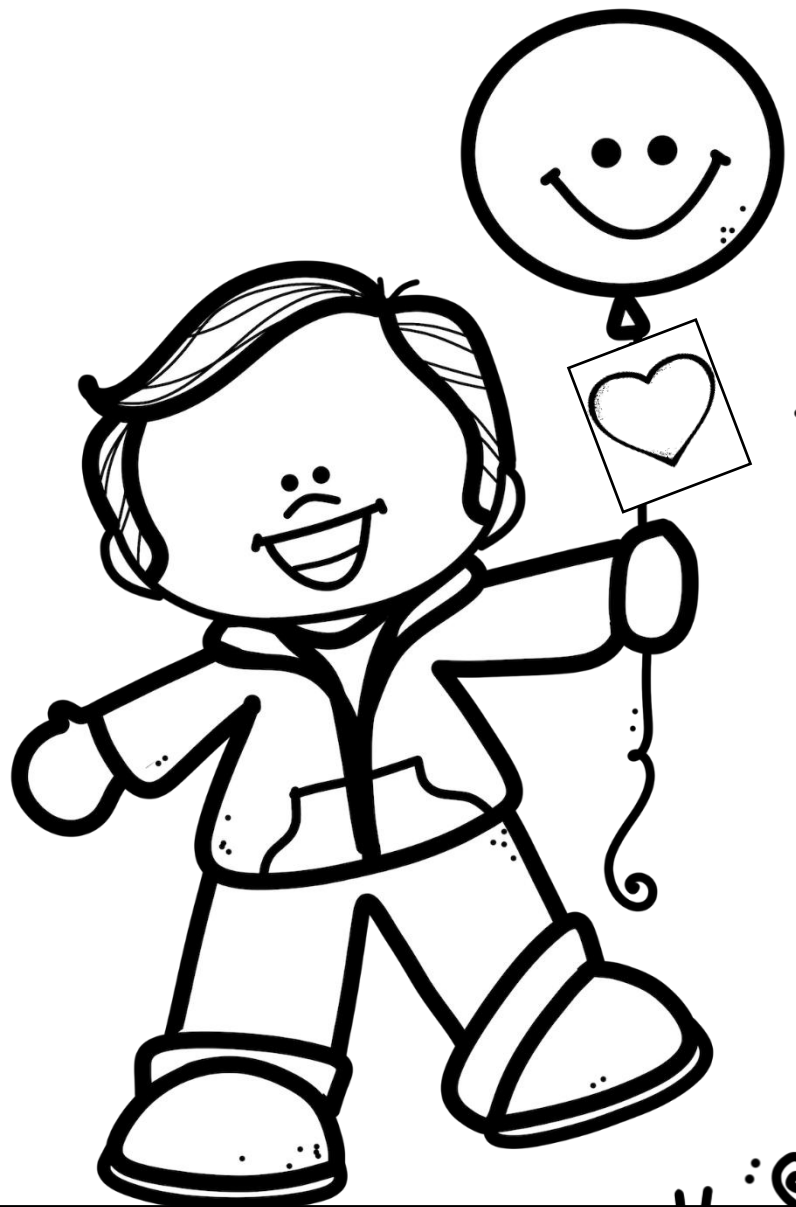
HAPPY MEMORIES THAT I HAVE WITH



Saying goodbye is an important part of the healing process.

- If you got to say goodbye to your loved one in person, is there anything else you'd like to tell them?
- If you didn't get to say goodbye, you still can, just in a different way! What would you like to say to them?

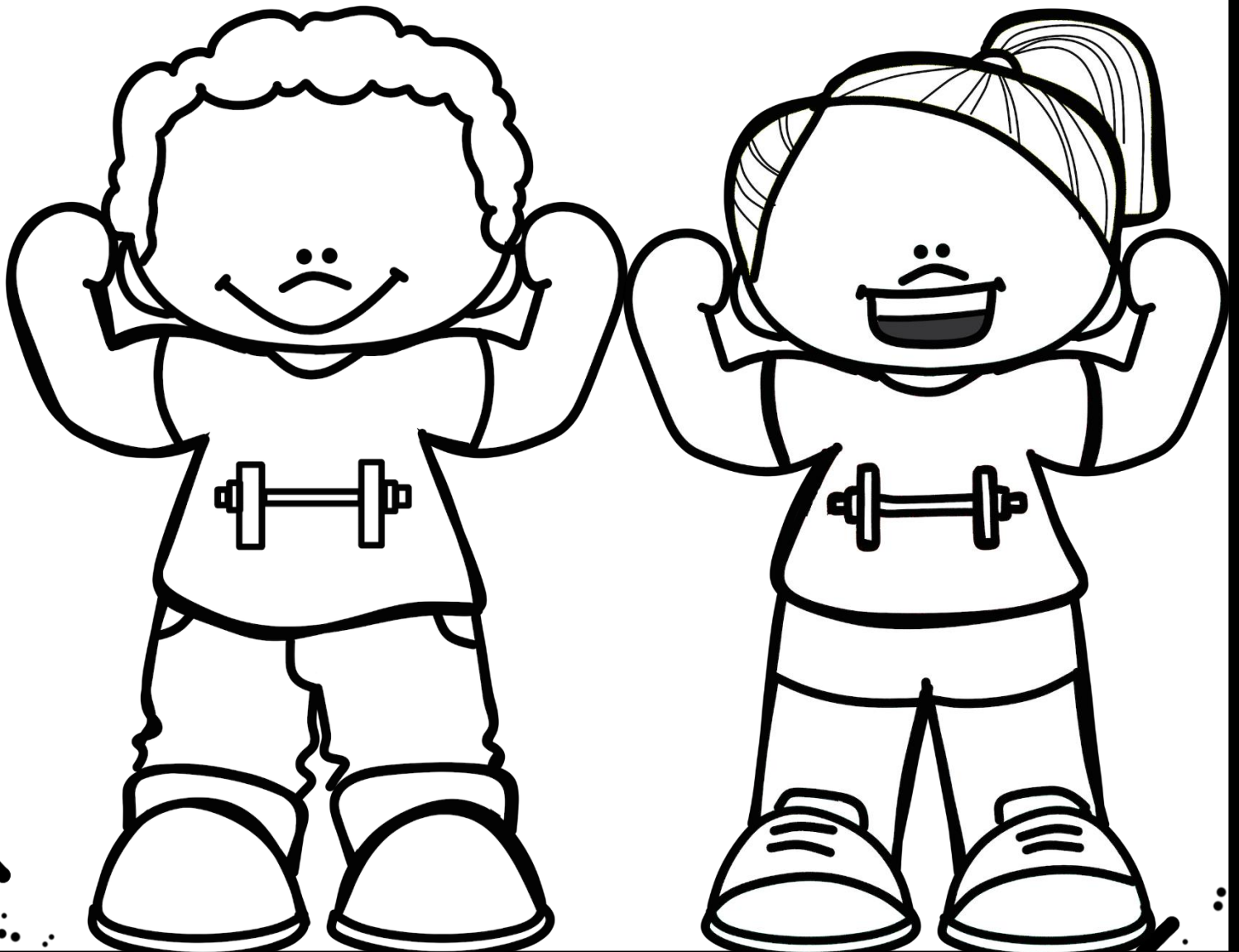
Let's write a letter or draw a picture to our loved one on the next page. Although we can't really send our loved ones this letter, we can attach it to a balloon and send it up to them, leave it at their grave site, or keep it in a special place where we can look at it when we want to remember them and our feelings.



Dear _____,

Date: _____

YOU'LL NEVER KNOW HOW
strong
YOU ARE UNTIL
being strong
IS THE ONLY CHOICE YOU HAVE.



3 THINGS:

1) 3 things I have QUESTIONS about...

1)

2)

3)

2) 3 things I WORRY about...

1)

2)

3)

3) 3 things I want MY LOVED ONE TO KNOW...

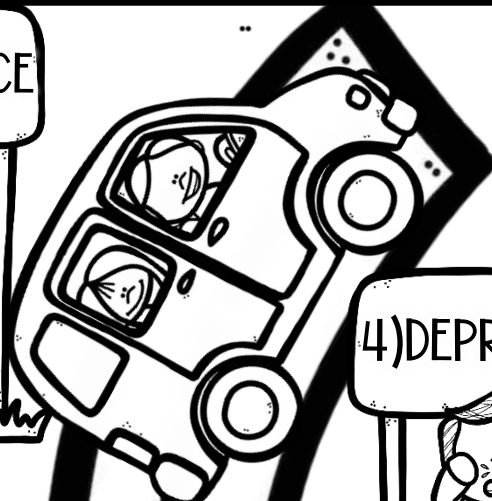
1)

2)

3)



"I'M GOING TO BE OKAY. I DON'T LIKE WHAT HAPPENED, BUT I CAN'T CHANGE IT. I MISS THEM BUT I CAN STILL FIND JOY AND PURPOSE IN MY LIFE."



"I'M SO OVERWHELMED WITH SADNESS. I JUST WANT TO BE ALONE."

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MY HEALING JOURNEY

GRIEF & LOSS DISCUSSION QUESTIONS:

- 1) What are 3 emotions that you're feeling about this loss?
- 2) Share 3 things that made your loved one very special to you.
- 3) Share your happiest memory with your loved one.
- 4) What will you miss most about your loved one?
- 5) If you could spend 5 minutes with your loved one, what would you choose to do together? What would you say?
- 6) What is something that will always remind you of your loved one?
- 7) Have you ever felt like their death is your fault? How do you know that it is not your fault?
- 8) How would your loved one want you to feel? What would they want you to do?
- 9) Who is someone at home that you can talk to about your loss?
- 10) Who is someone at school that you can talk to about your loss?



"BRYAN LEARNS ABOUT LOSS"

DISCUSSION QUESTIONS



- 1) Bryan had a lot of favorite activities he loved to do with his loved one. What did you love to do with your loved one?
- 2) How did Bryan feel when he found out that his loved one died? How did you feel when you heard the sad news?
- 3) Bryan and his family and friends had a really nice funeral celebrating their loved one's life. Did you attend your loved one's funeral? If so, tell us about it and how it felt to be there. If not, do you wish that you could have gone, or are you happy that you did not go?
- 4) What made Bryan feel angry in the story? Have you felt angry about your loss?
- 5) Bryan felt afraid that the loss of his loved one was his fault. Have you ever felt that way? How do you know that death is never your fault?
- 6) Bryan liked to visit his loved one's gravesite for some peaceful quiet time with them. Have you ever done this? If so, how did it feel? If not, would you like to try it?
- 7) Bryan planted a beautiful garden (and a dog house) in honor of his loved one. How did this project help him feel better? What could you do to honor your loved one?
- 8) How did Bryan's feelings change throughout the story?
- 9) Review the 5 Stages of Grief in the "My Healing Journey" page and look back through the story. Can you identify which of the 5 Stages of Grief Bryan is going through in the story?
- 10) Which stages of grief have you been through already? Which stage are you in now?

GIRL VERSION

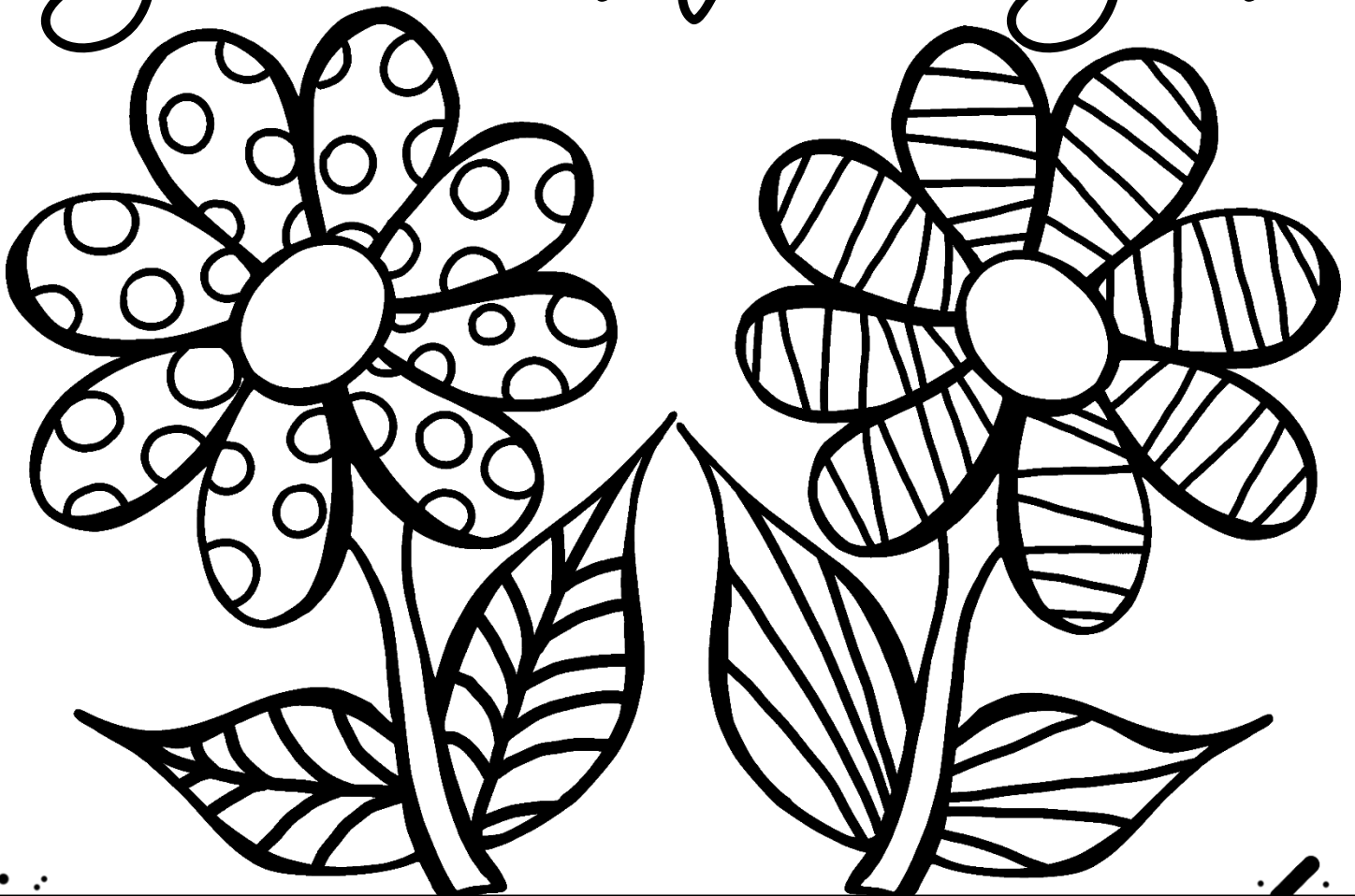


Name: _____

My Healing JOURNAL



GROW
through
WHAT YOU
go through.



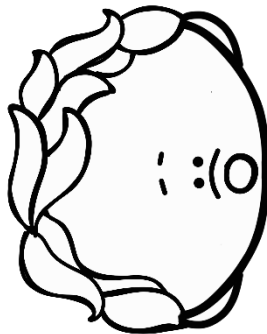
_____ & ME



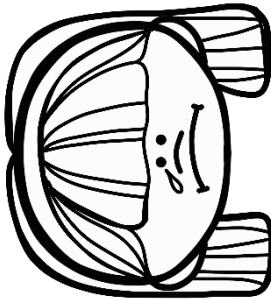
FEELINGS Check-In

When I found out that _____

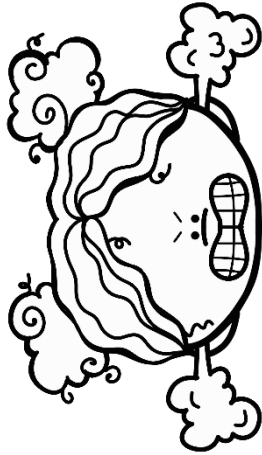
passed away I felt...



Shocked



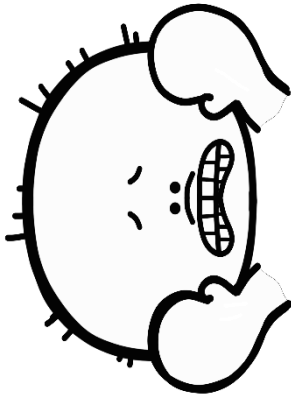
Sad



Angry

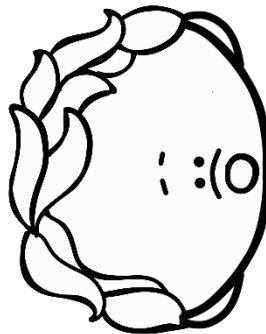


Confused

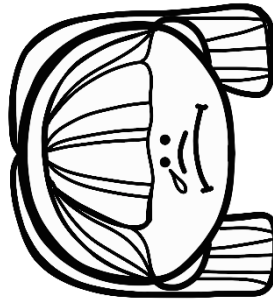


Scared

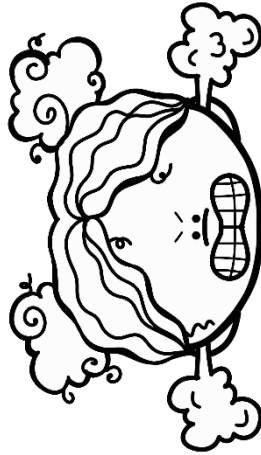
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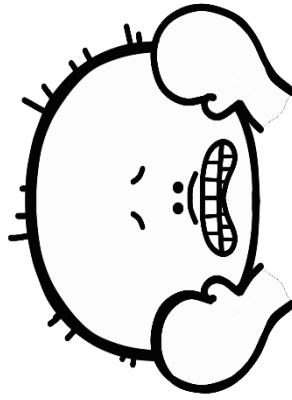
Sad



Angry

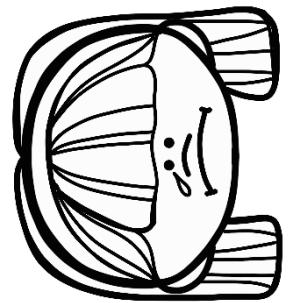


Confused

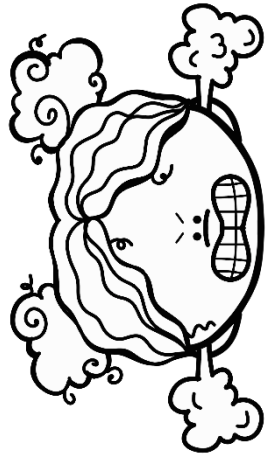


Scared

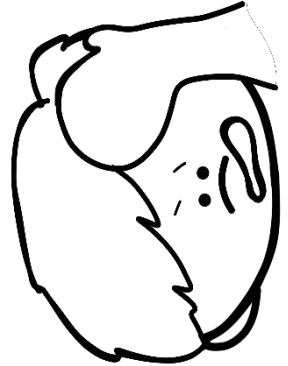
Now I feel...



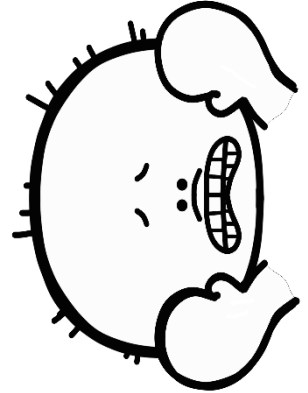
Sad



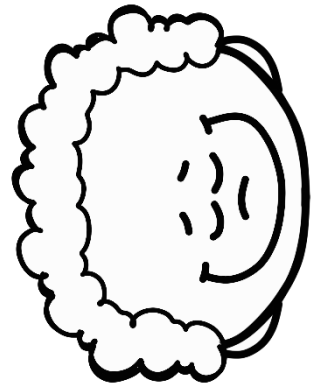
Angry



Confused

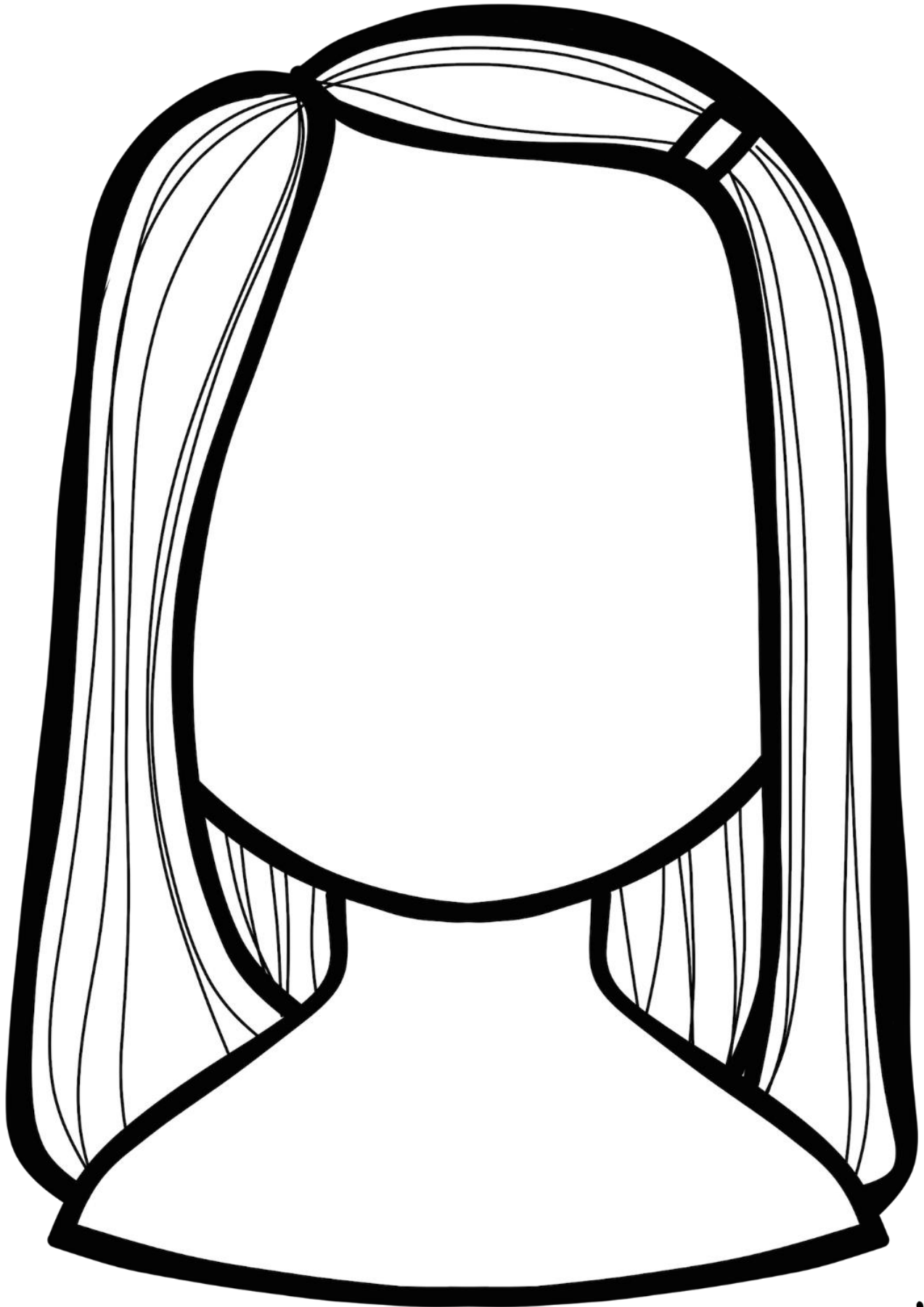


Scared

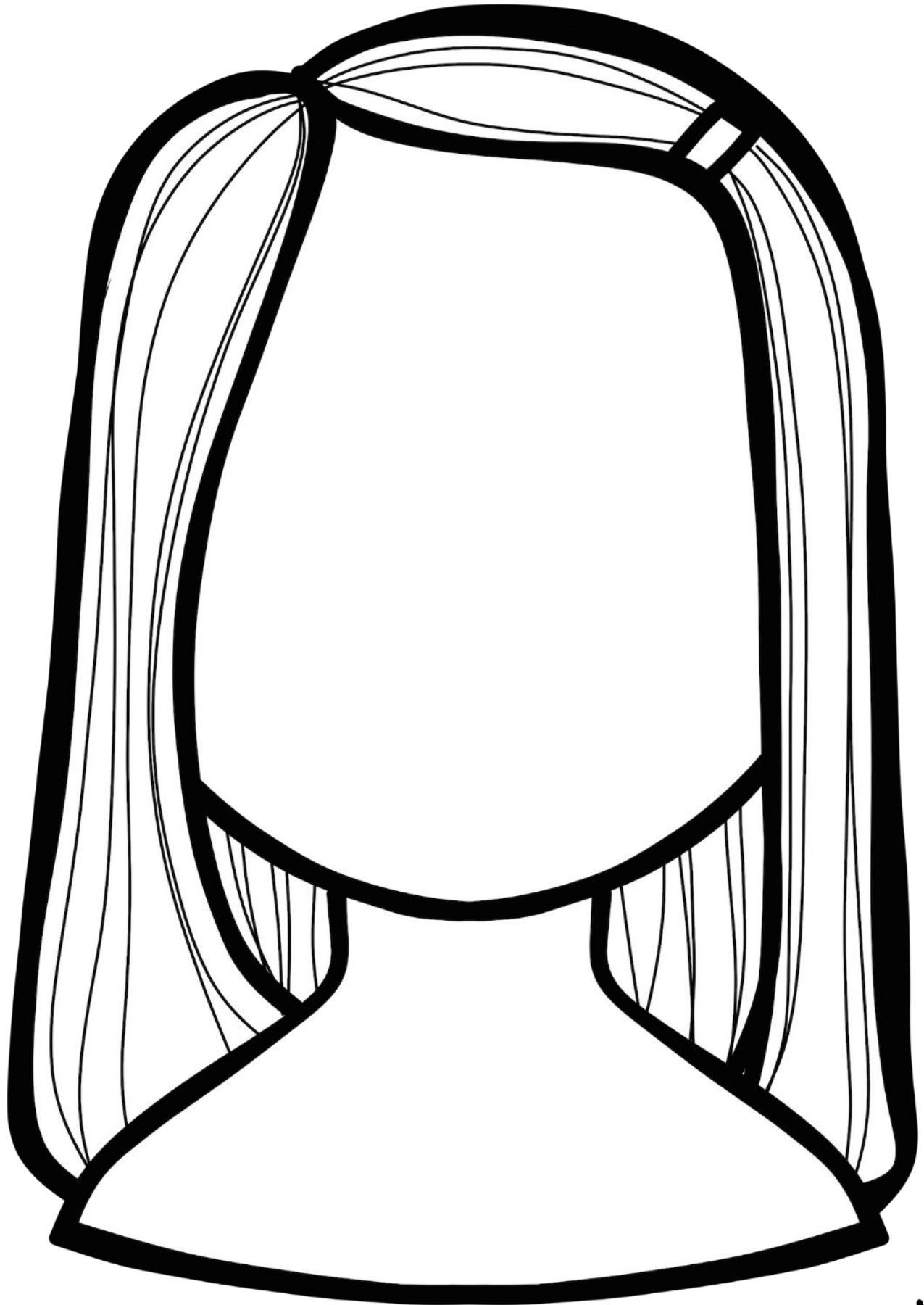


At peace

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This is how I feel now.

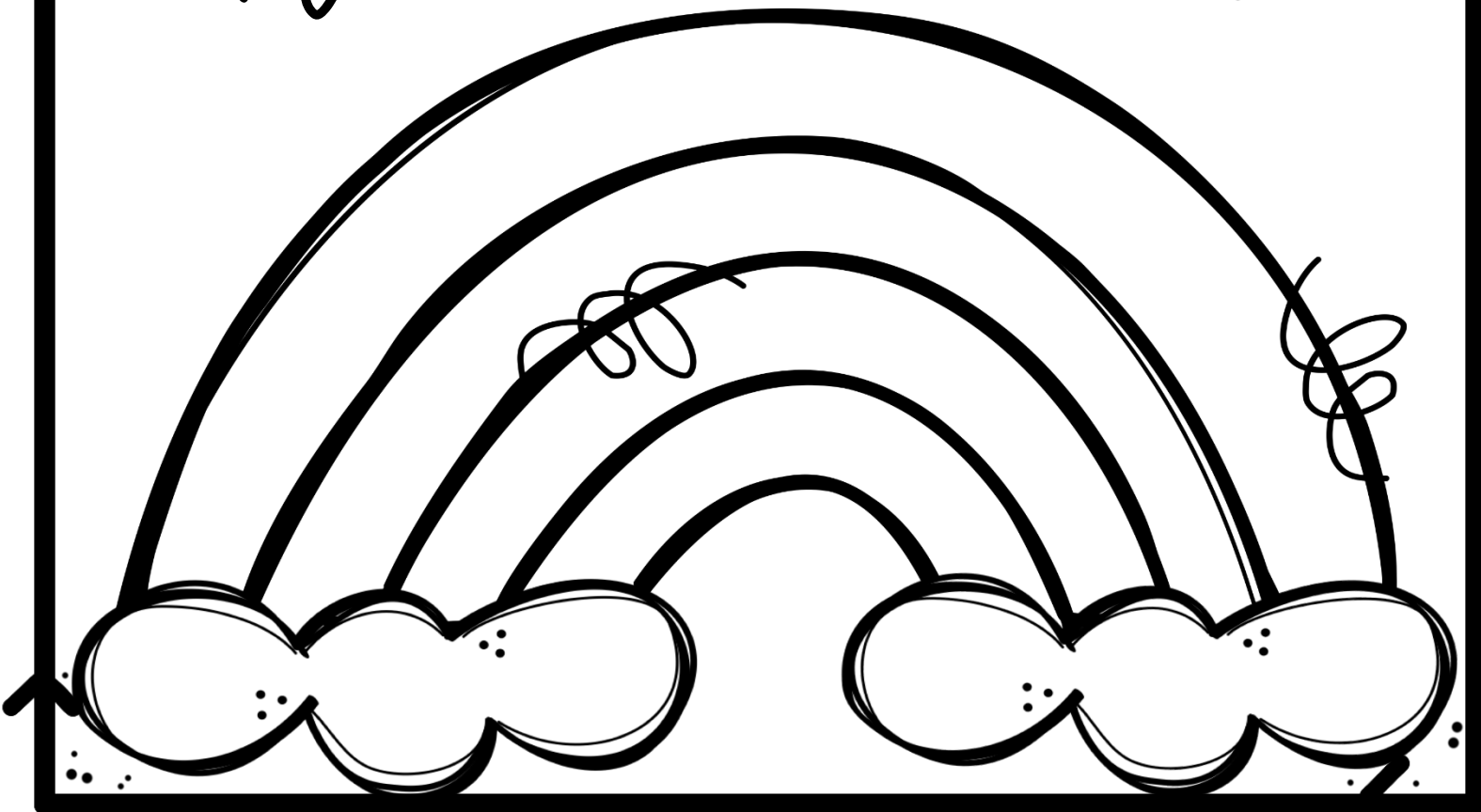
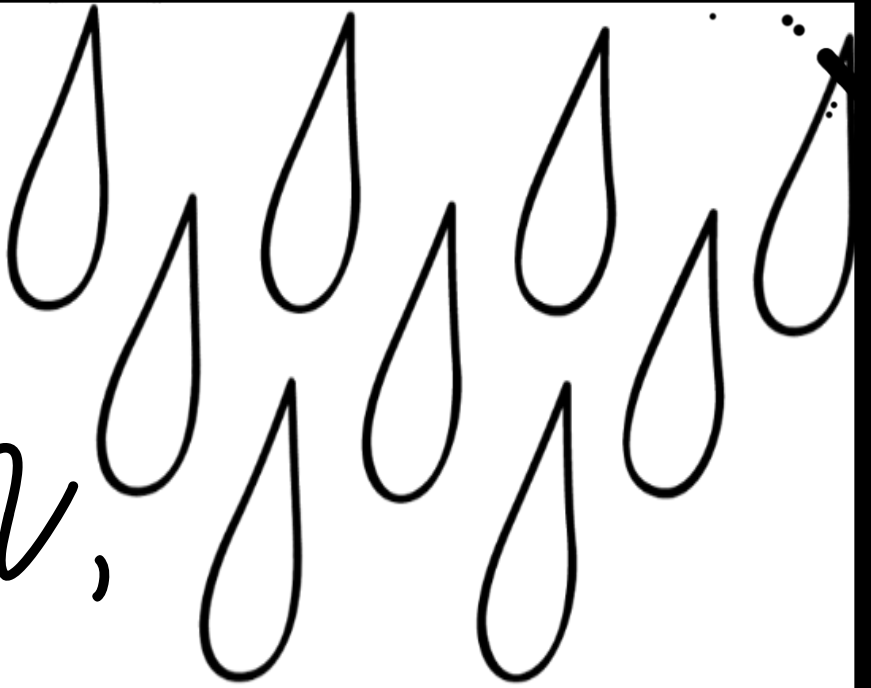


NO

rain,

NO

rainbows.

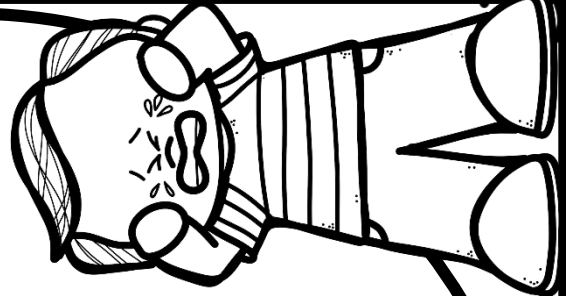
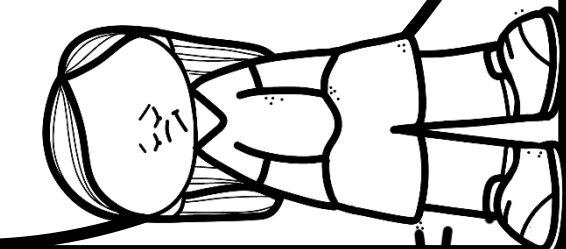
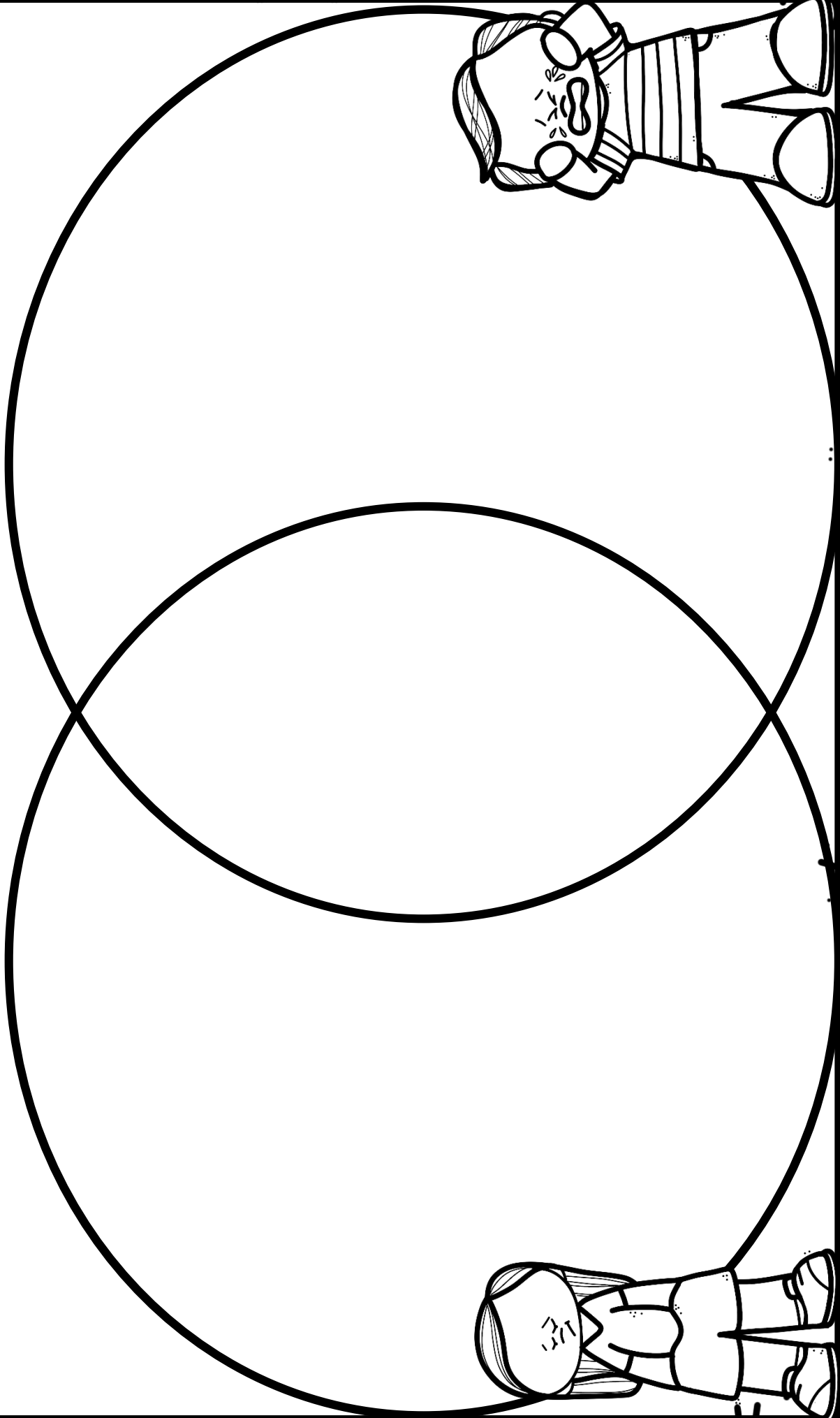


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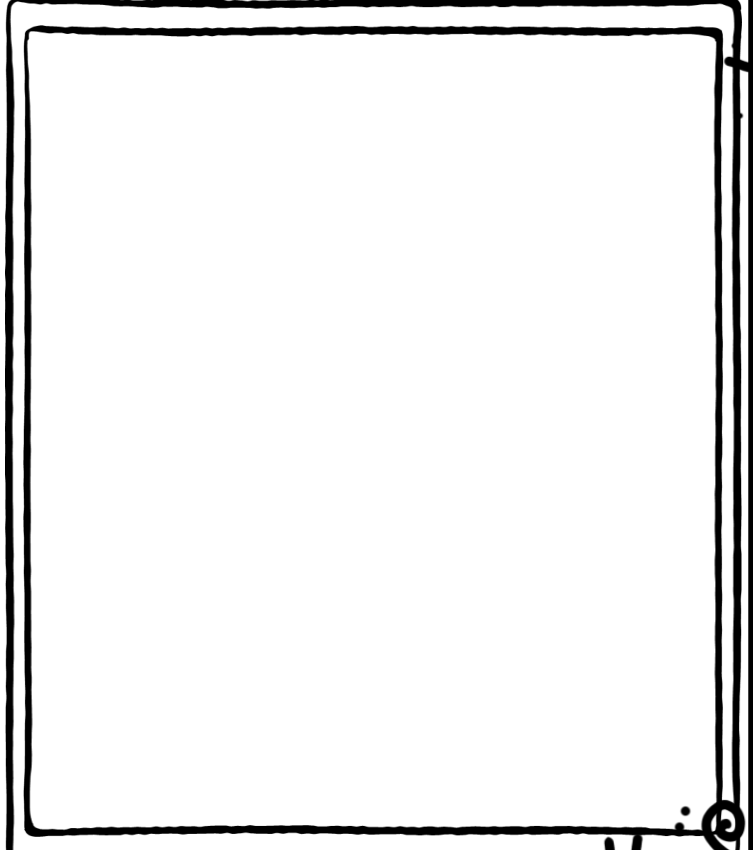
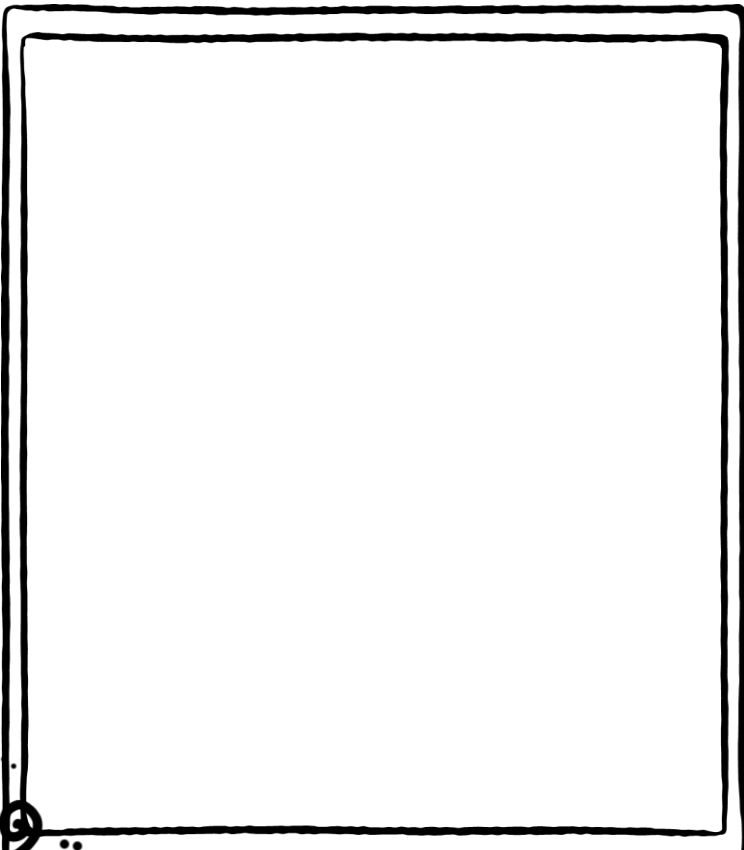
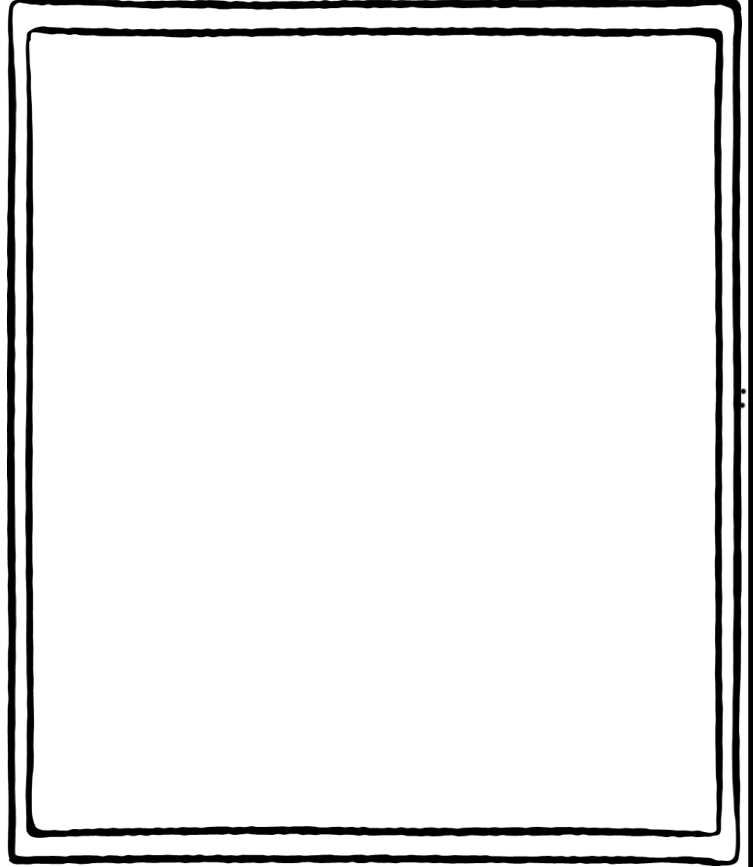
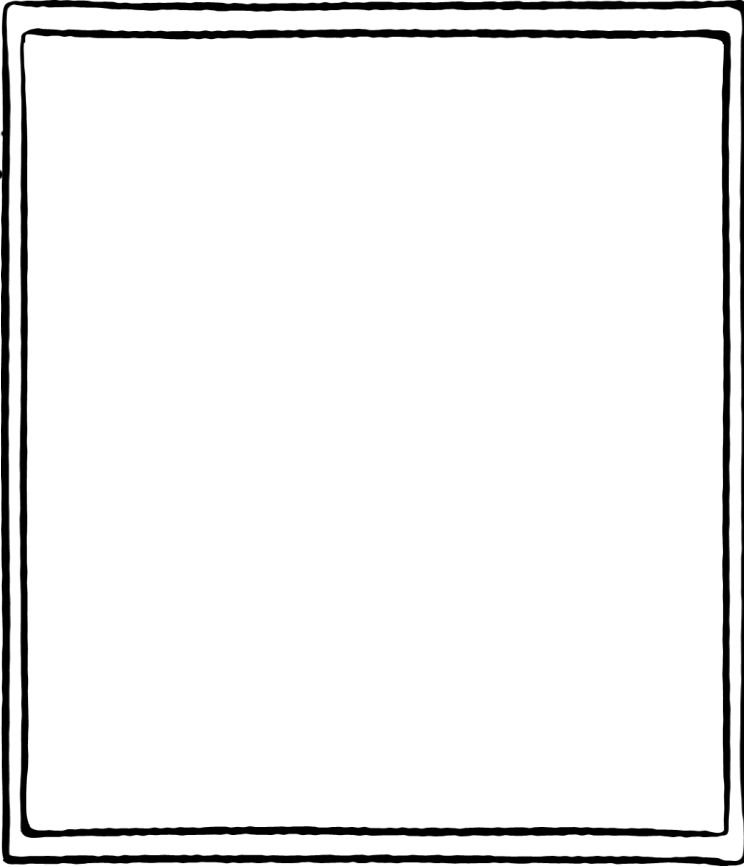
My Feelings

Feelings Bryan and
I both have had

Bryan's Feelings



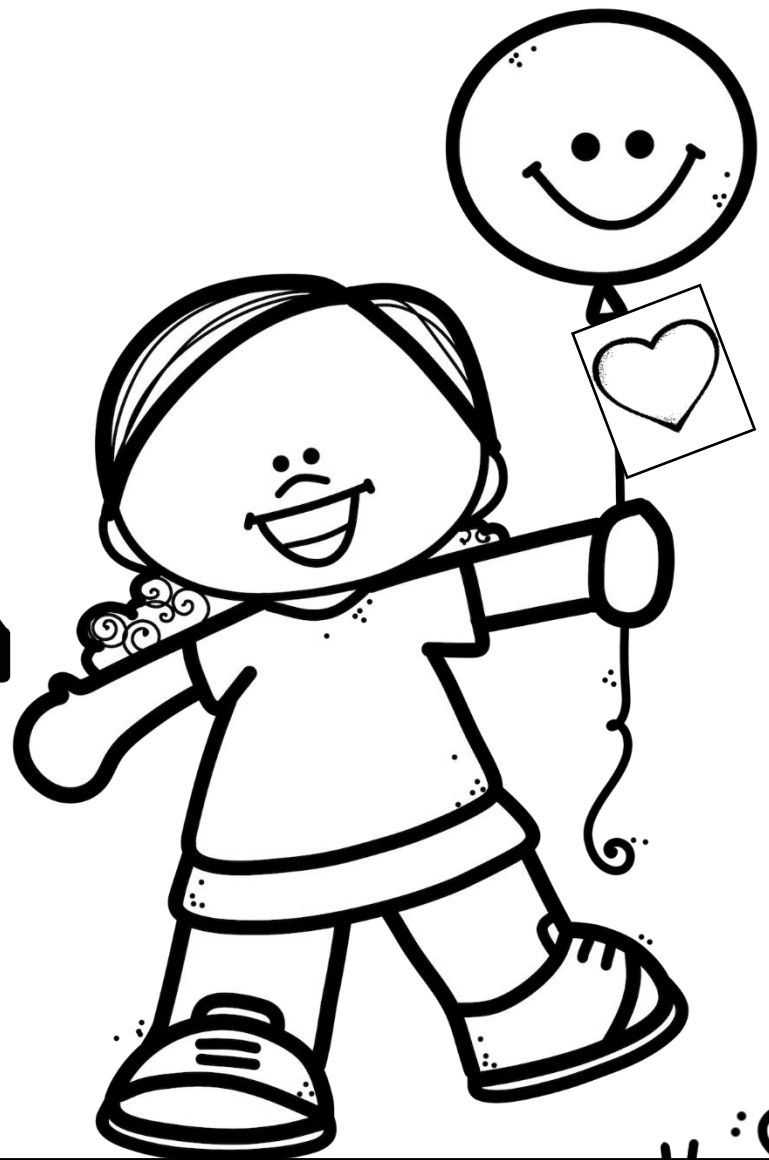
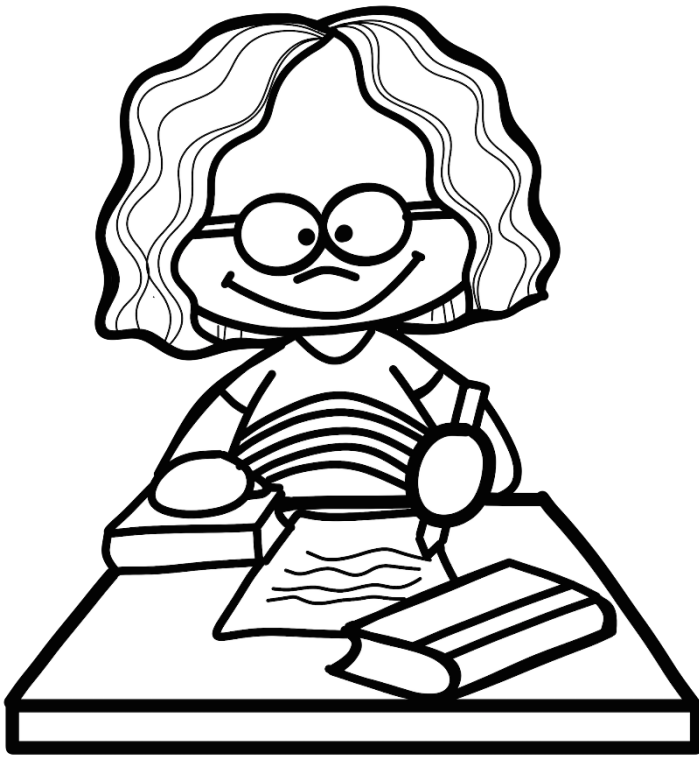
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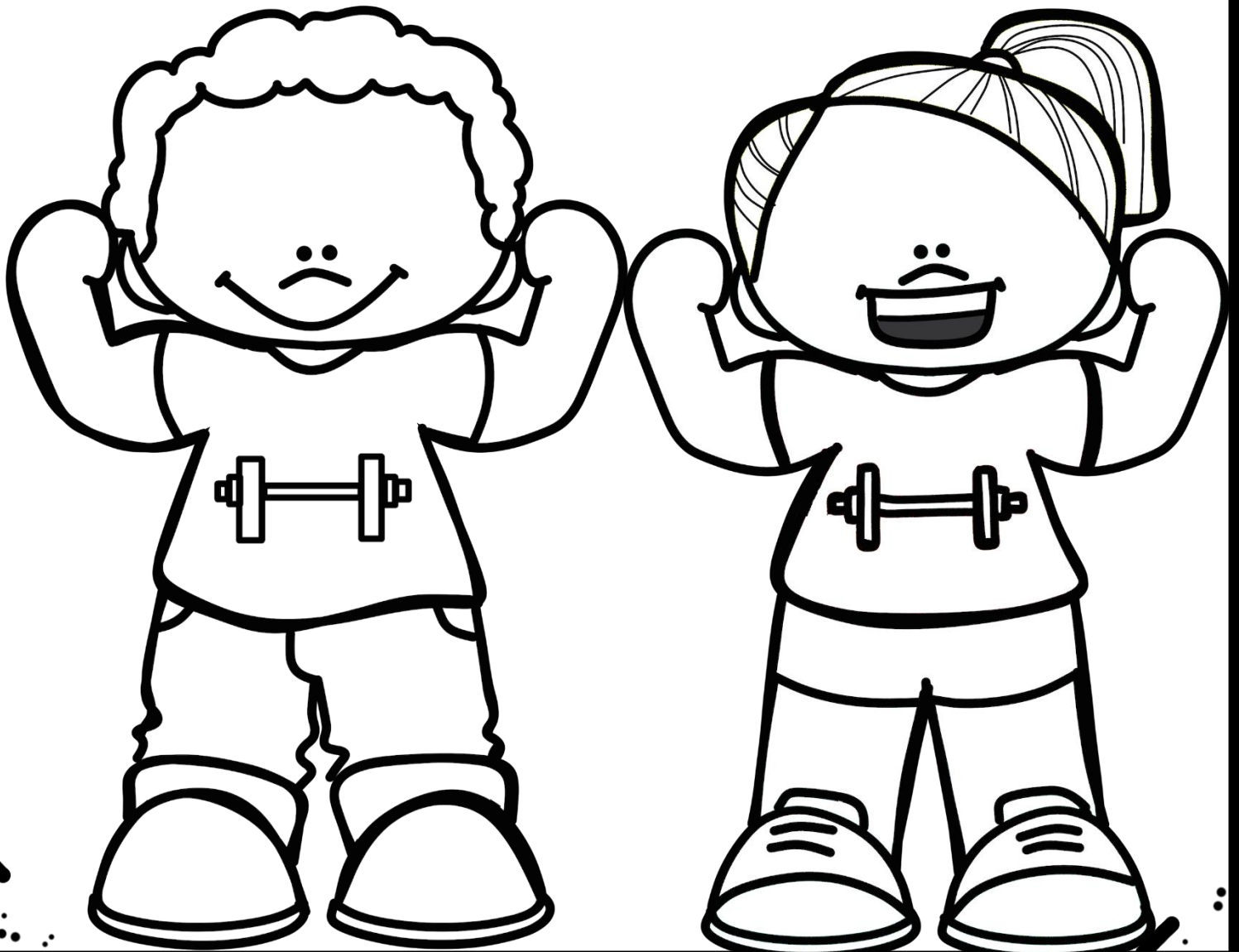
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strong
YOU ARE UNTIL
being strong
IS THE ONLY CHOICE YOU HAVE.



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1)

2)

3)

2) 3 things I WORRY about...

1)

2)

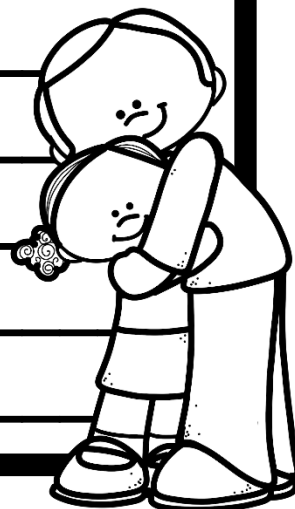
3)

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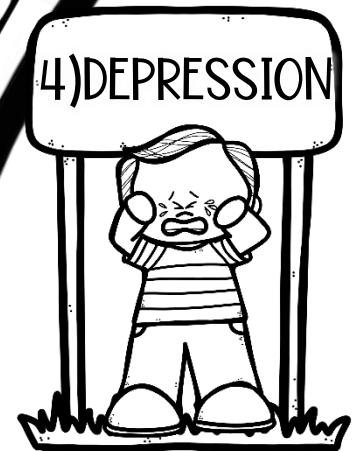
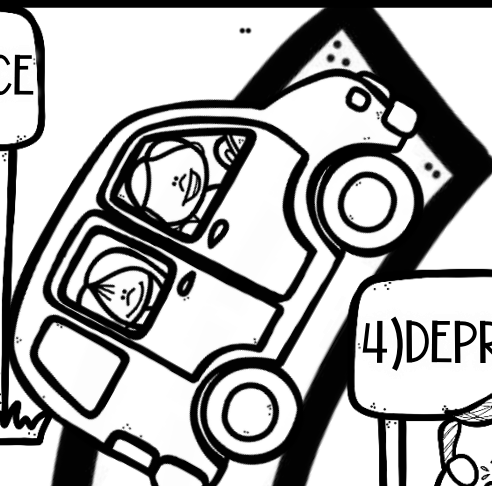
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"I'M GOING TO BE OKAY. I DON'T LIKE WHAT HAPPENED, BUT I CAN'T CHANGE IT. I MISS THEM BUT I CAN STILL FIND JOY AND PURPOSE IN MY LIFE."



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MY HEALING JOURNEY

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"BRYAN LEARNS ABOUT LOSS"

DISCUSSION QUESTIONS



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THANK YOU TO...

