

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.



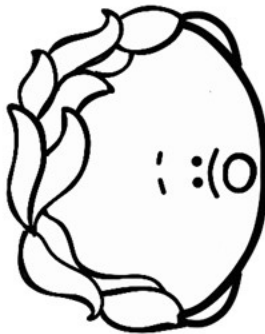
\_\_\_\_\_ & ME



# FEELINGS Check-In

When I found out that \_\_\_\_\_

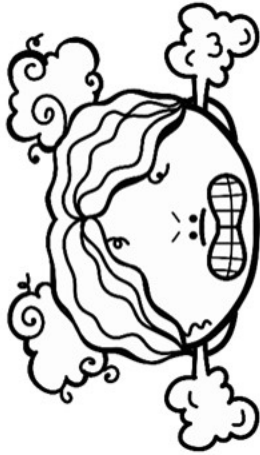
passed away I felt...



Shocked



Sad



Angry

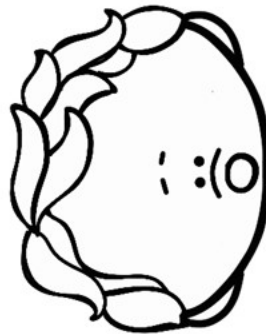


Confused

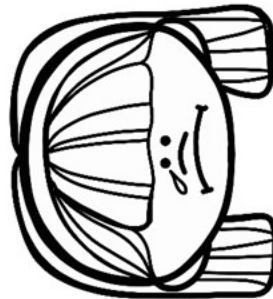


Scared

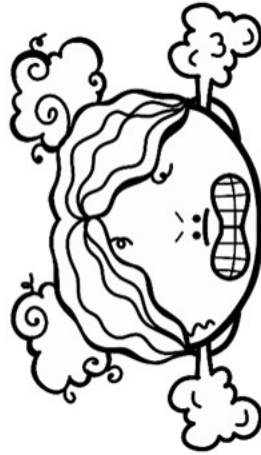
Soon after they passed I felt...



Shocked



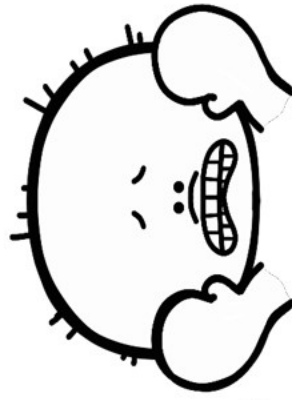
Sad



Angry

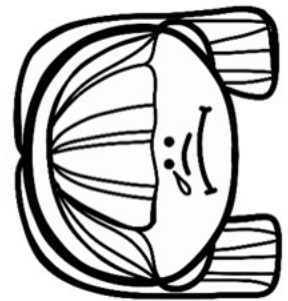


Confused



Scared

Now I feel...



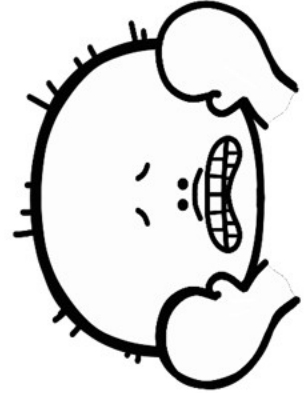
Sad



Angry



Confused

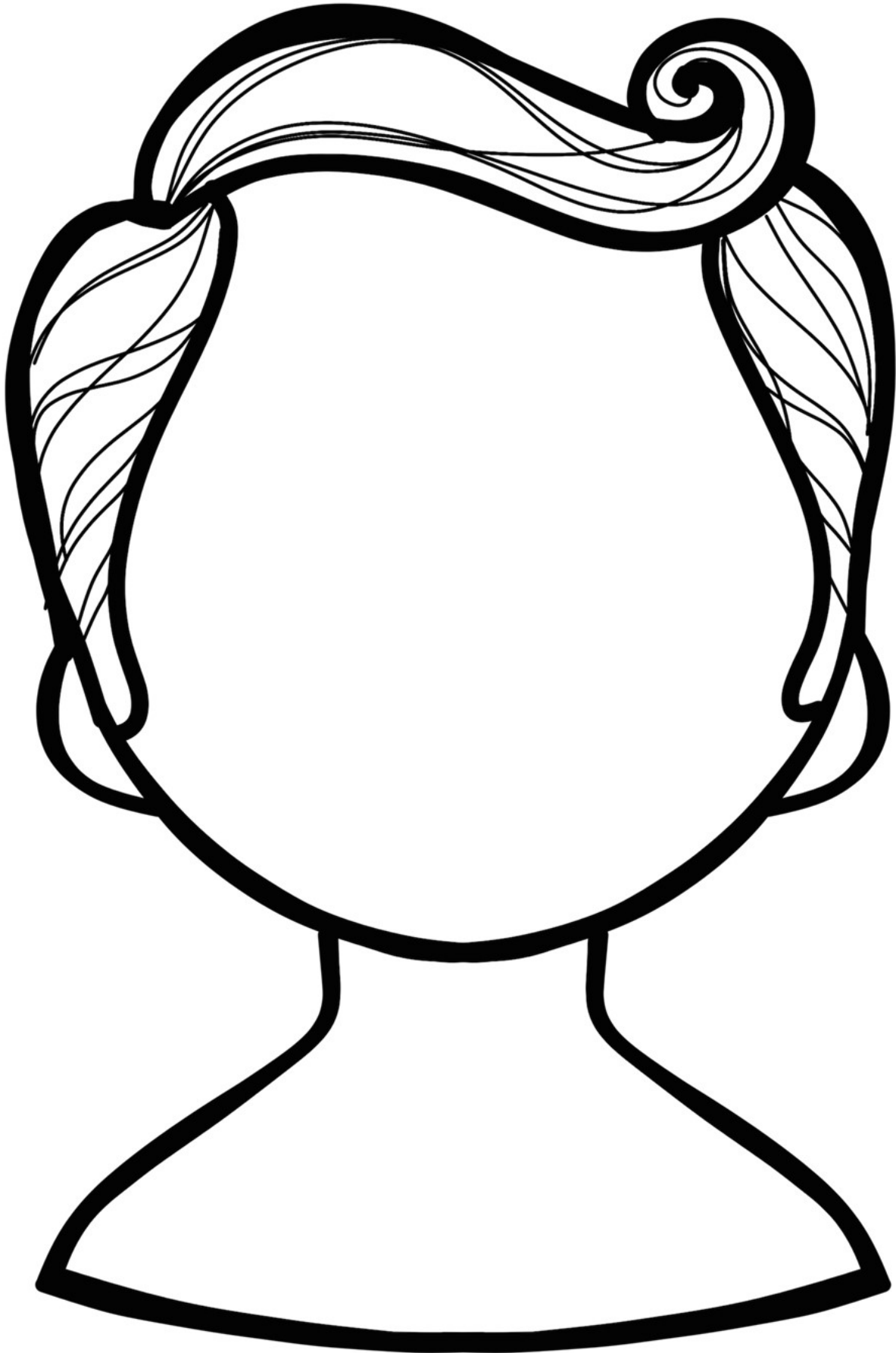


Scared



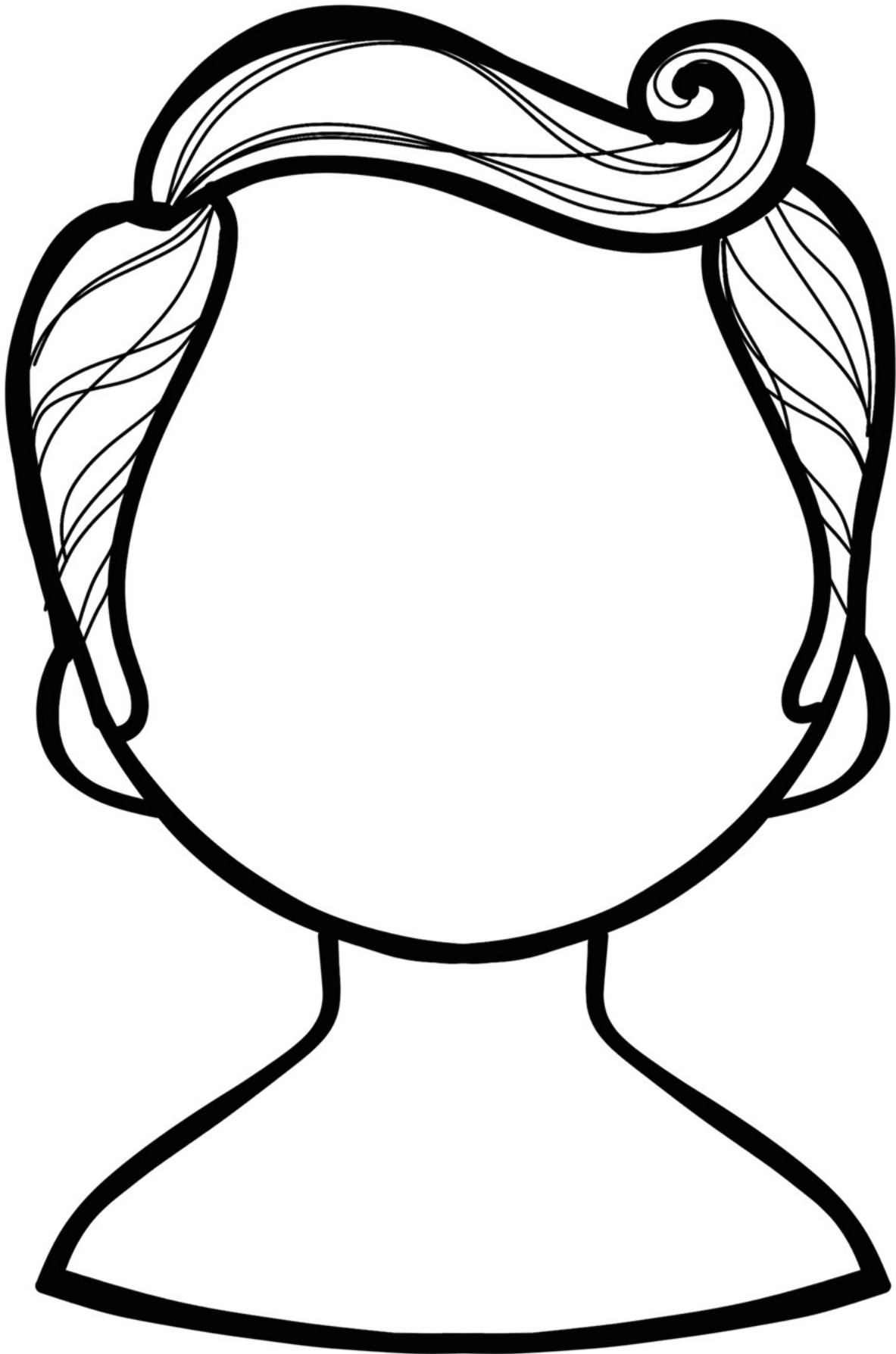
At peace

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





This is how I feel now.

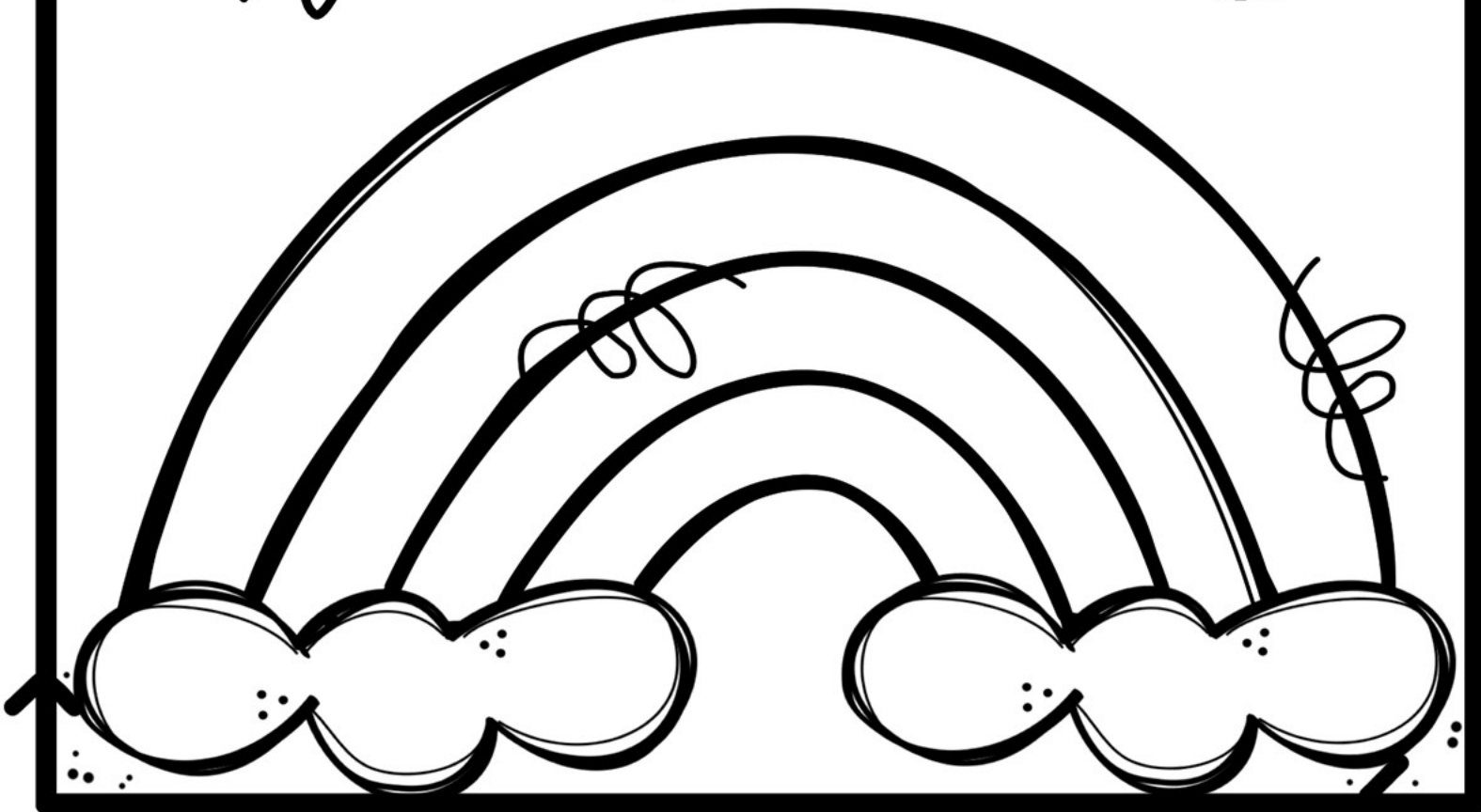
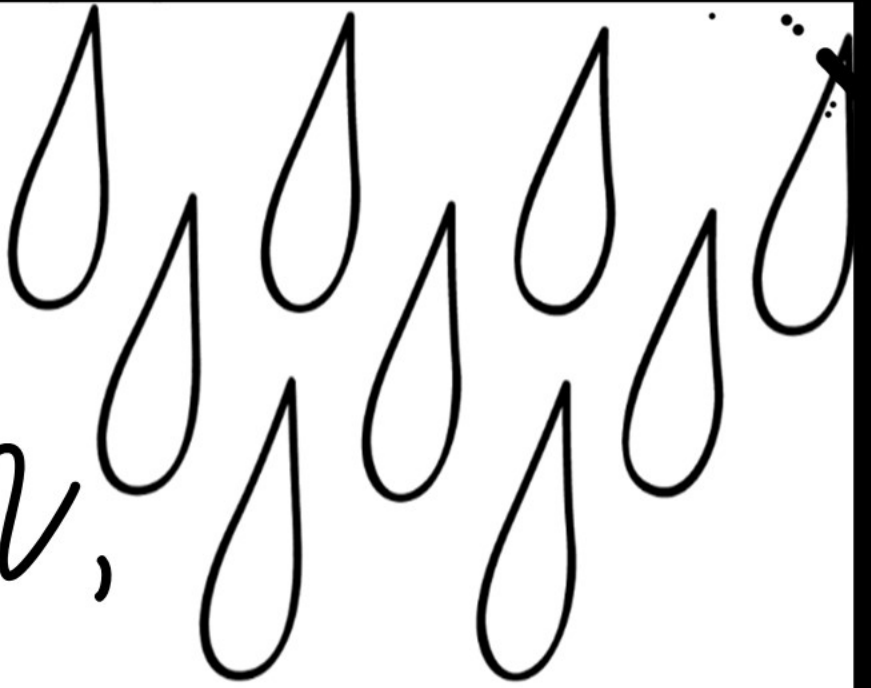


NO

rain,

NO

rainbows.

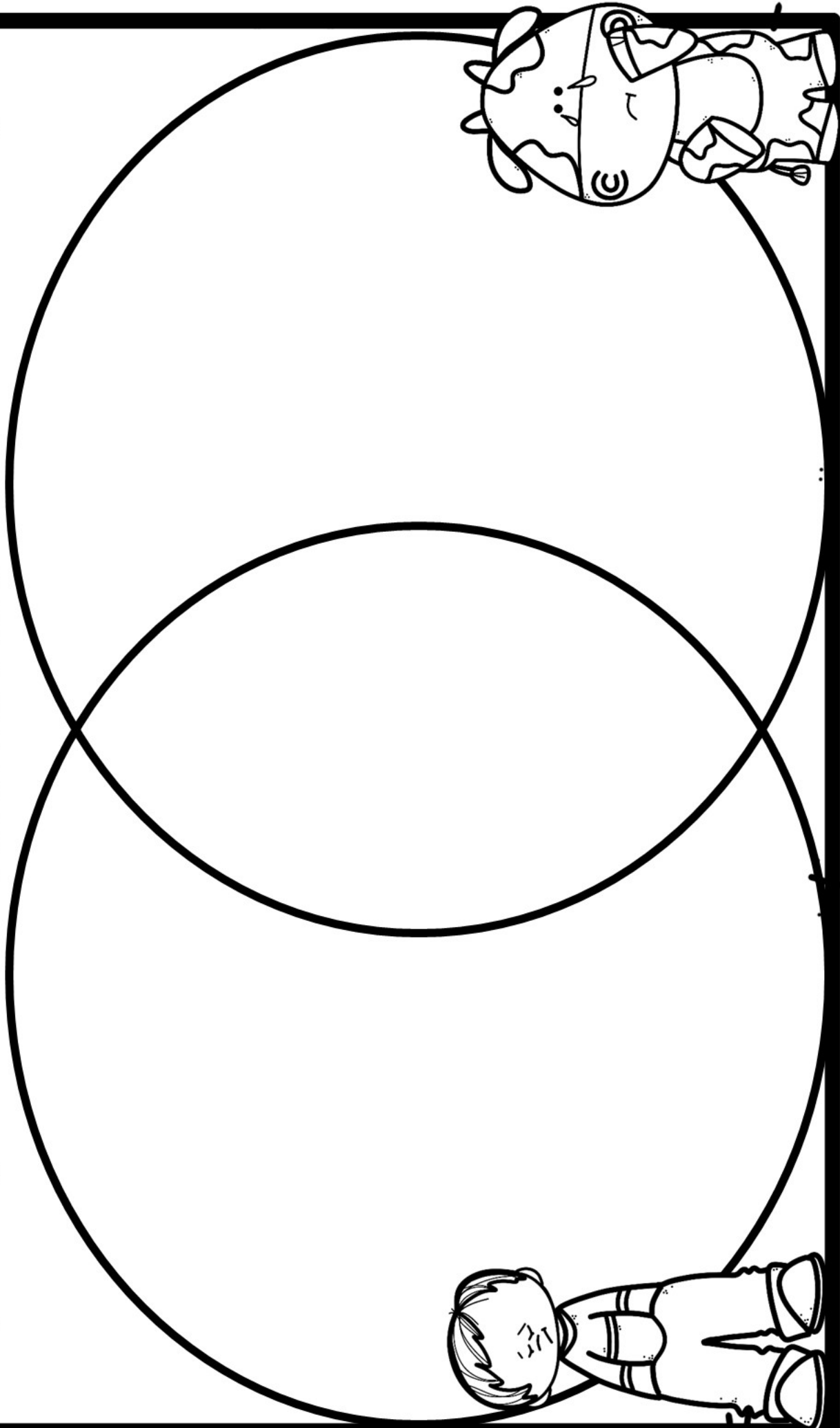


# Let's Chart our FEELINGS!

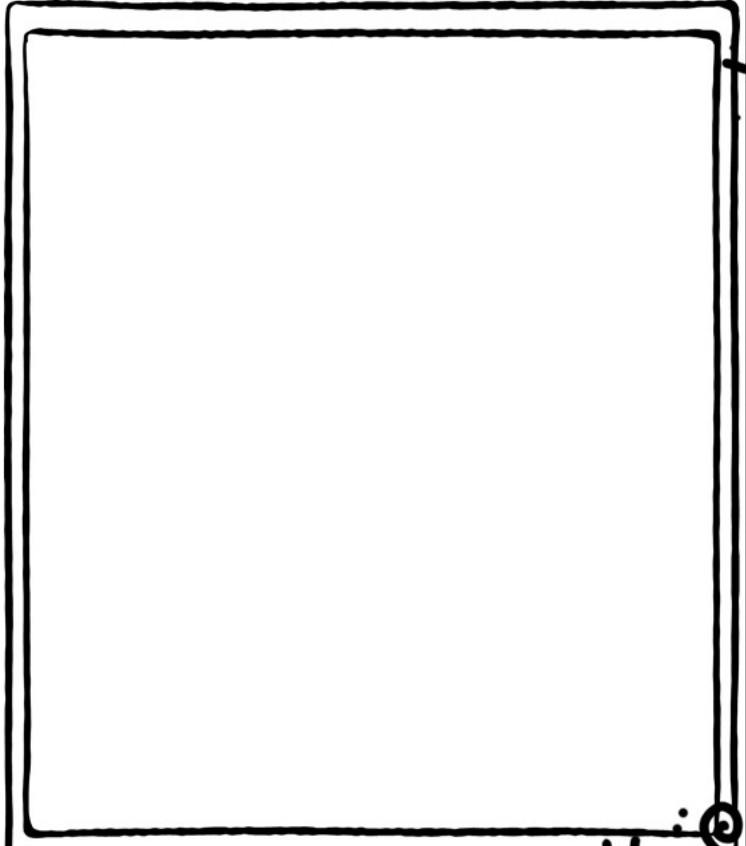
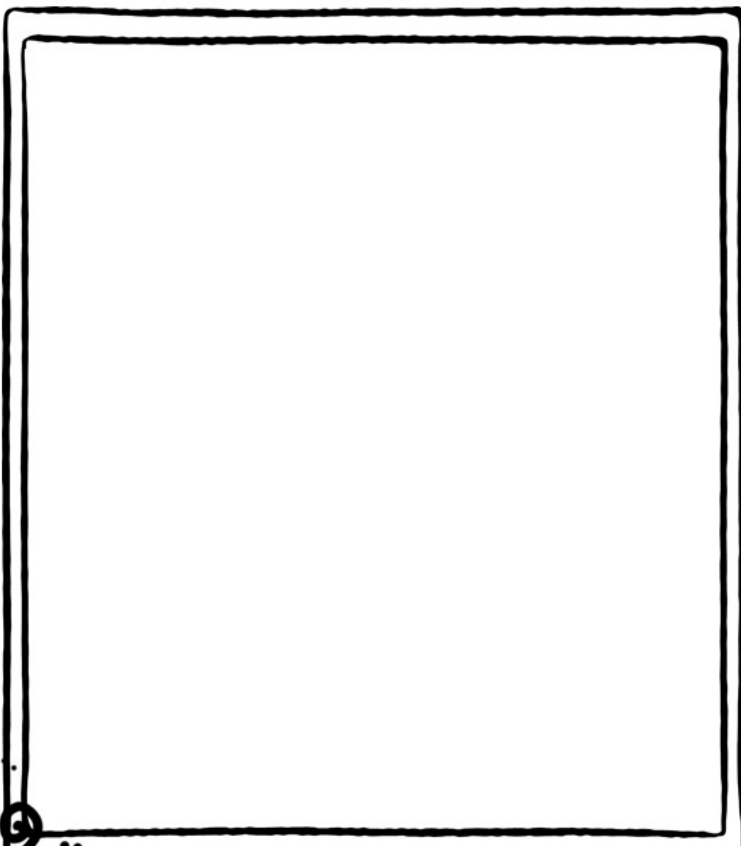
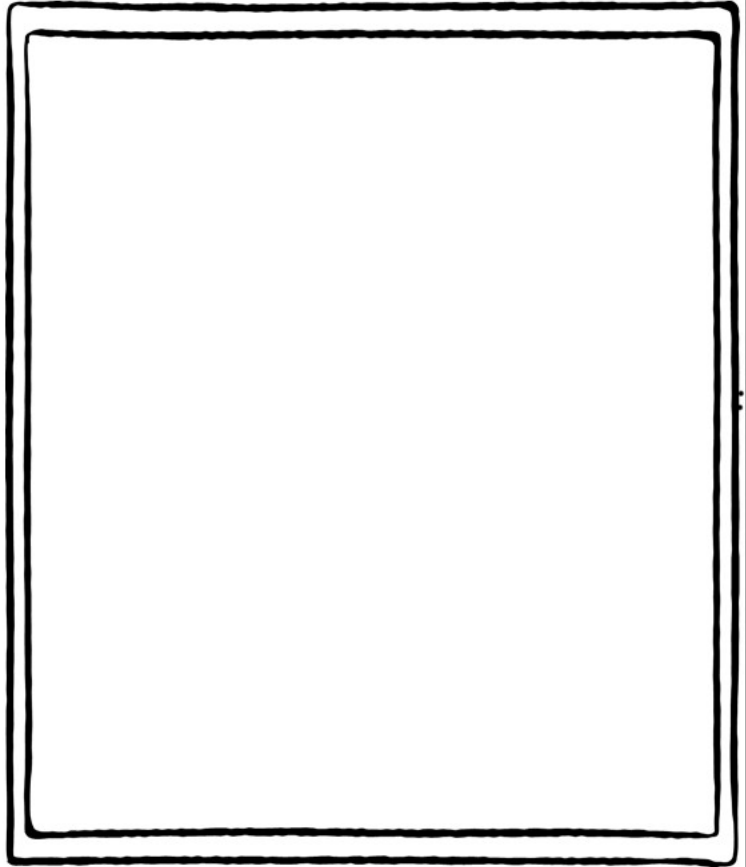
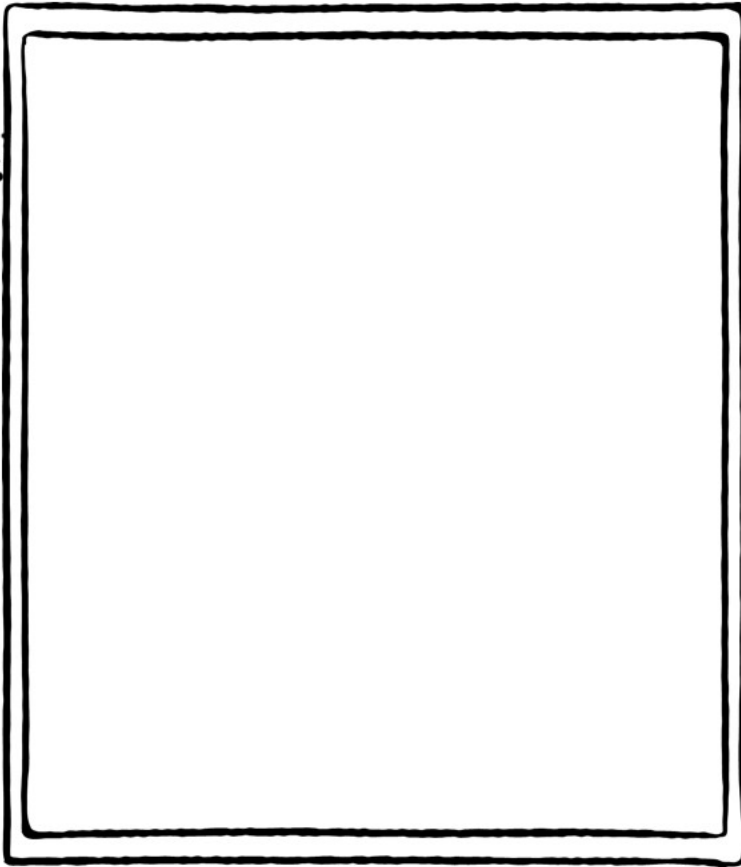
My Feelings

Feelings Bessie and  
I both have had

Bessie's Feelings



# HAPPY MEMORIES THAT I HAVE WITH

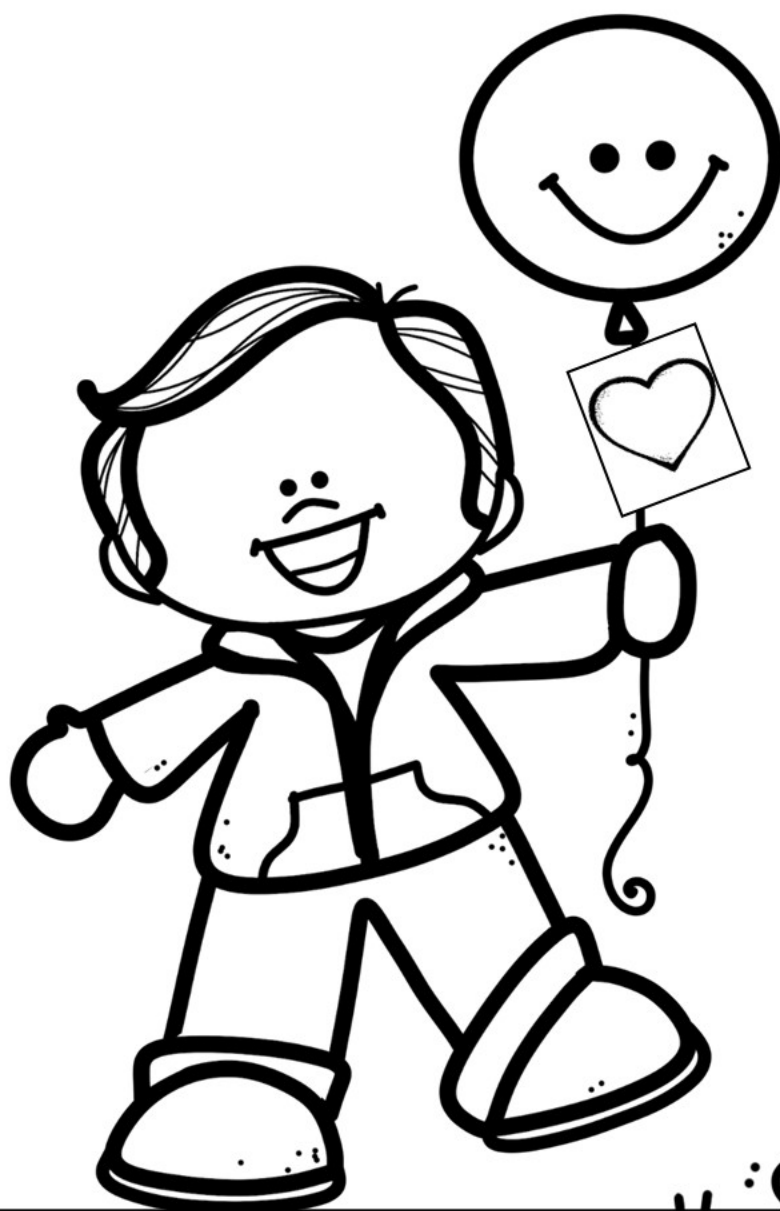




# Saying goodbye is an important part of the healing process.

- 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?

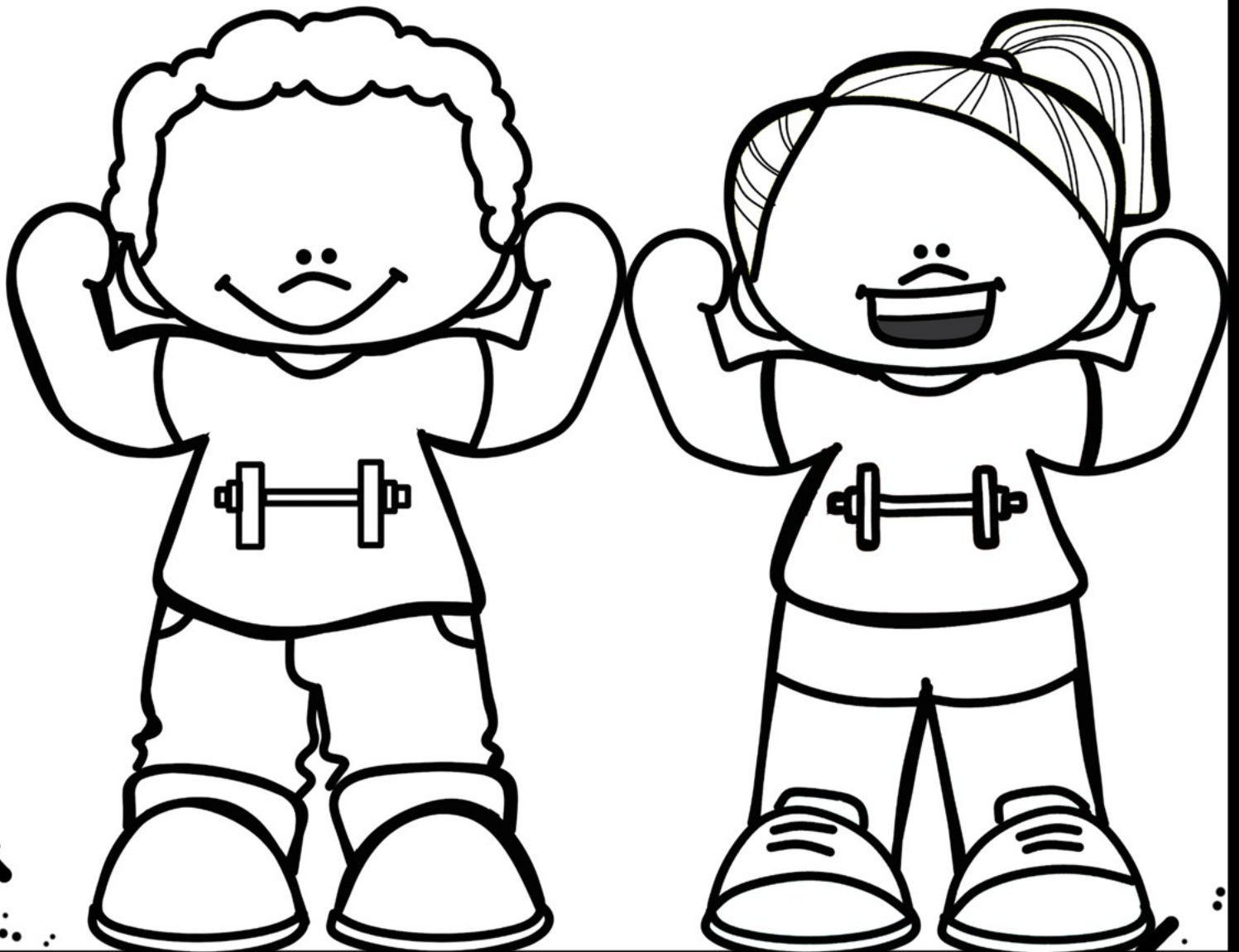
Let's write a letter or draw a picture to our loved one on the next page. Although we can't really send our loved ones this letter, we can attach it to a balloon and send it up to them, leave it at their grave site, or keep it in a special place where we can look at it when we want to remember them and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



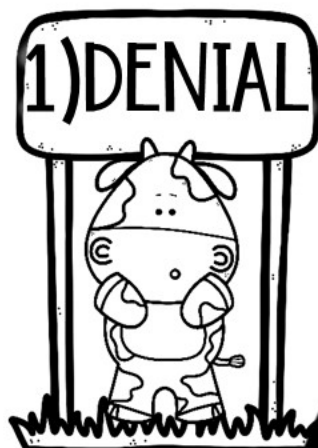


"I'M GOING TO BE OKAY. I DON'T LIKE WHAT HAPPENED, BUT I CAN'T CHANGE IT. I MISS THEM BUT I CAN STILL FIND JOY AND PURPOSE IN MY LIFE."



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

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



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



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

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?



# "BESSIE LEARNS ABOUT LOSS" DISCUSSION QUESTIONS



- 1) Bessie loved picking flowers and reading stories with her loved one. What did you like to do with your loved one?
- 2) How did Bessie feel when she found out that her loved one died? How did you feel when you heard the sad news?
- 3) Bessie and the farm animals had a really nice funeral celebrating her loved one. 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 Bessie feel angry in the story? Have you felt angry about your loss?
- 5) Bessie felt afraid that the loss of her loved one was her fault. Have you ever felt that way? How do you know that death is never your fault?
- 6) Bessie liked to visit her 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) Bessie planted a beautiful garden in honor of her loved one. How did the garden help her feel better? What could you do to honor your loved one?
- 8) How did Bessie'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 Bessie 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.



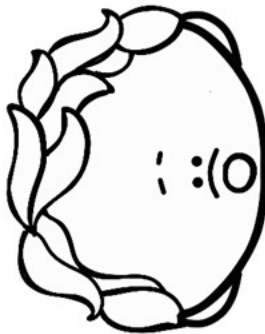
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# FEELINGS Check-In

When I found out that \_\_\_\_\_

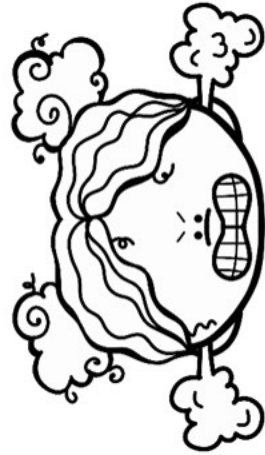
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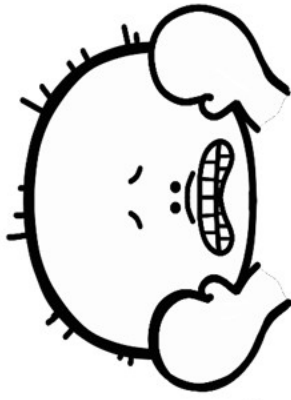
Sad



Angry

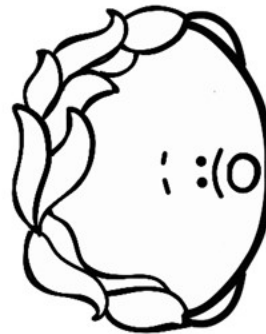


Confused



Scared

Soon after they passed I felt...



Shocked



Sad



Angry

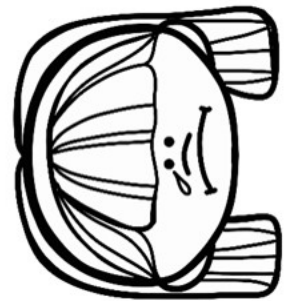


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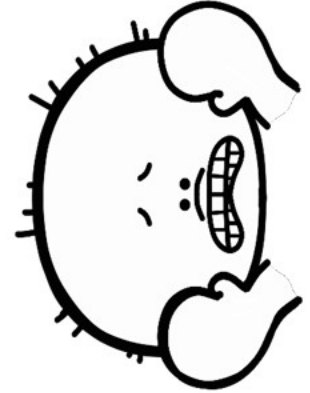
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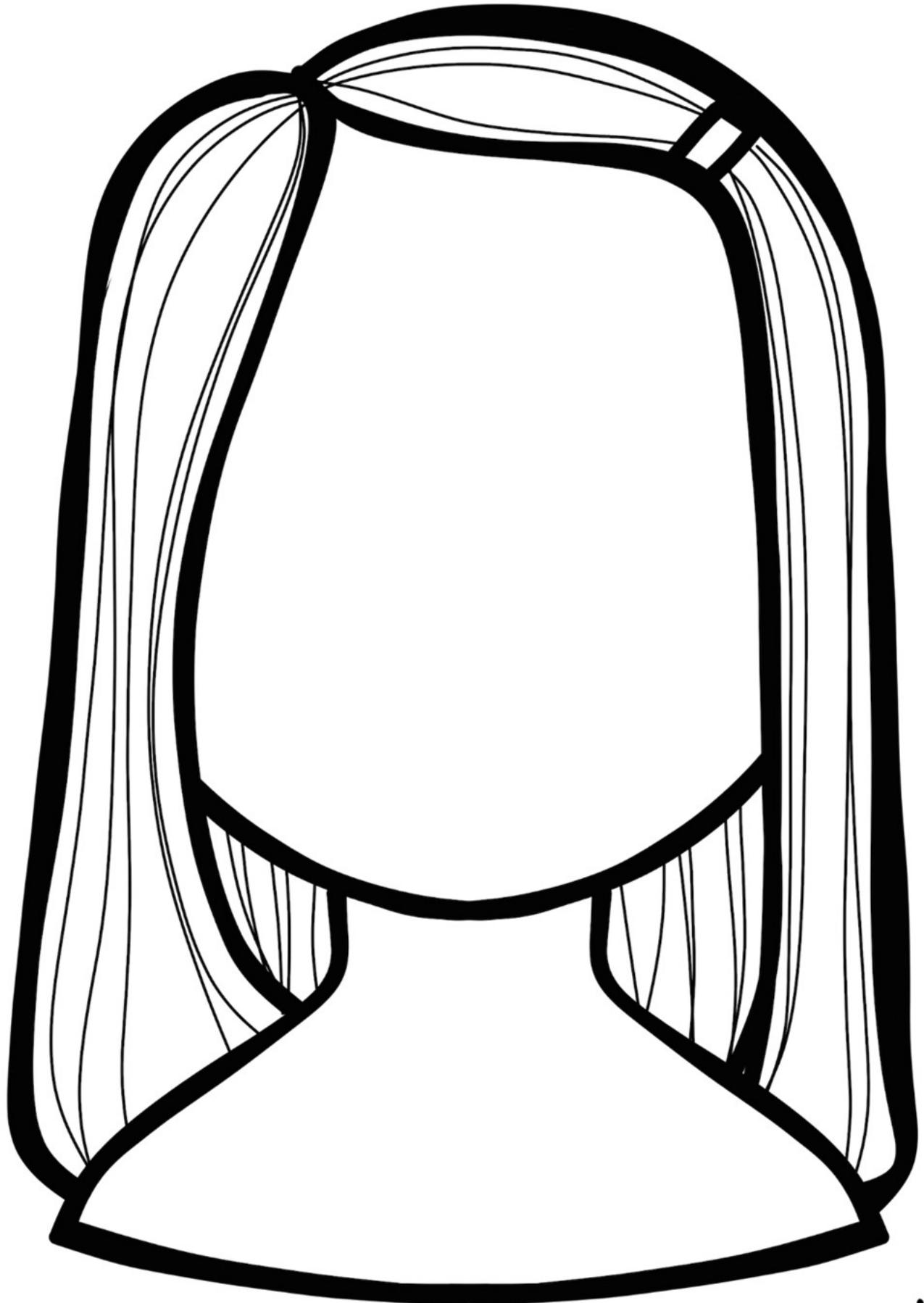


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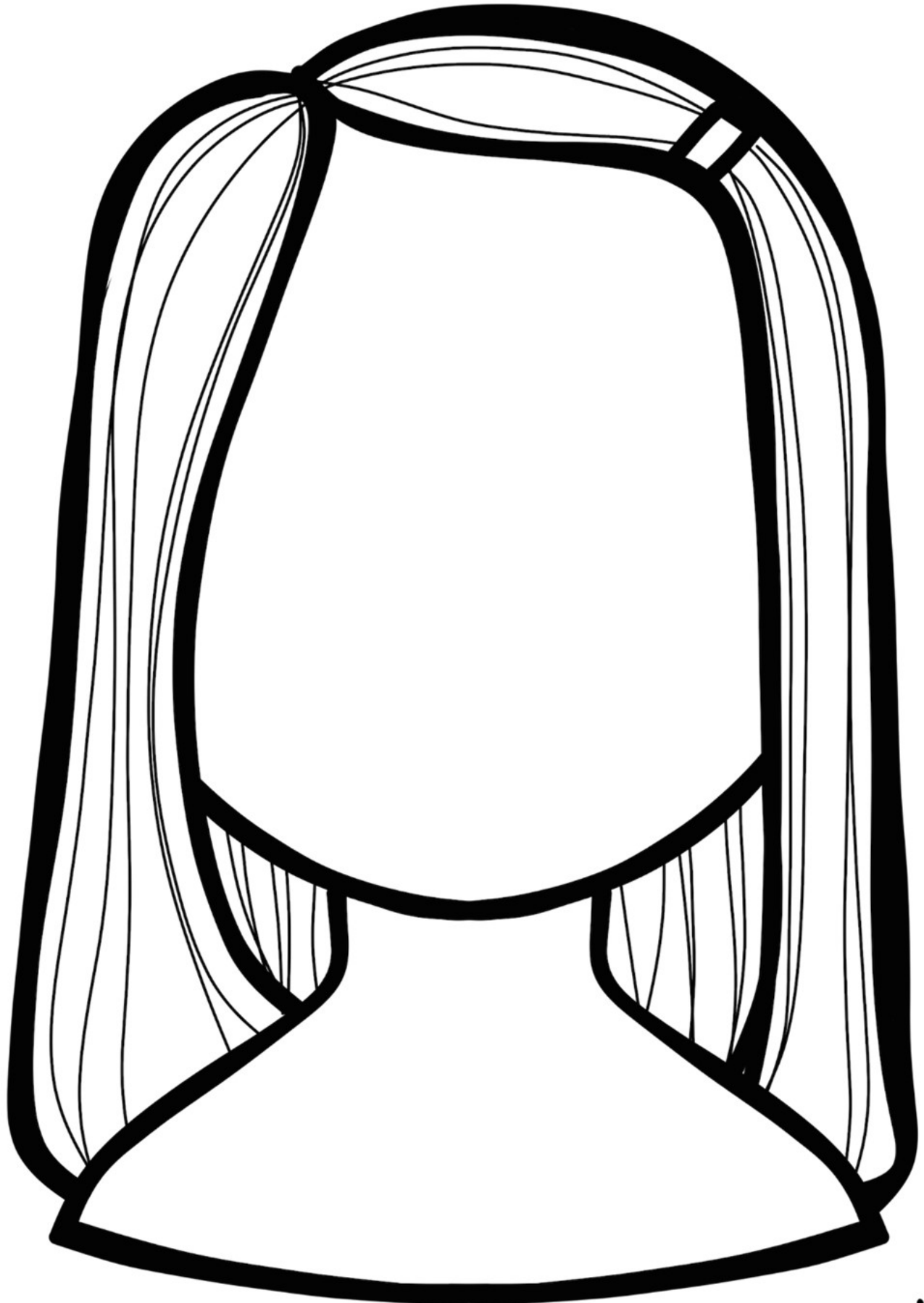


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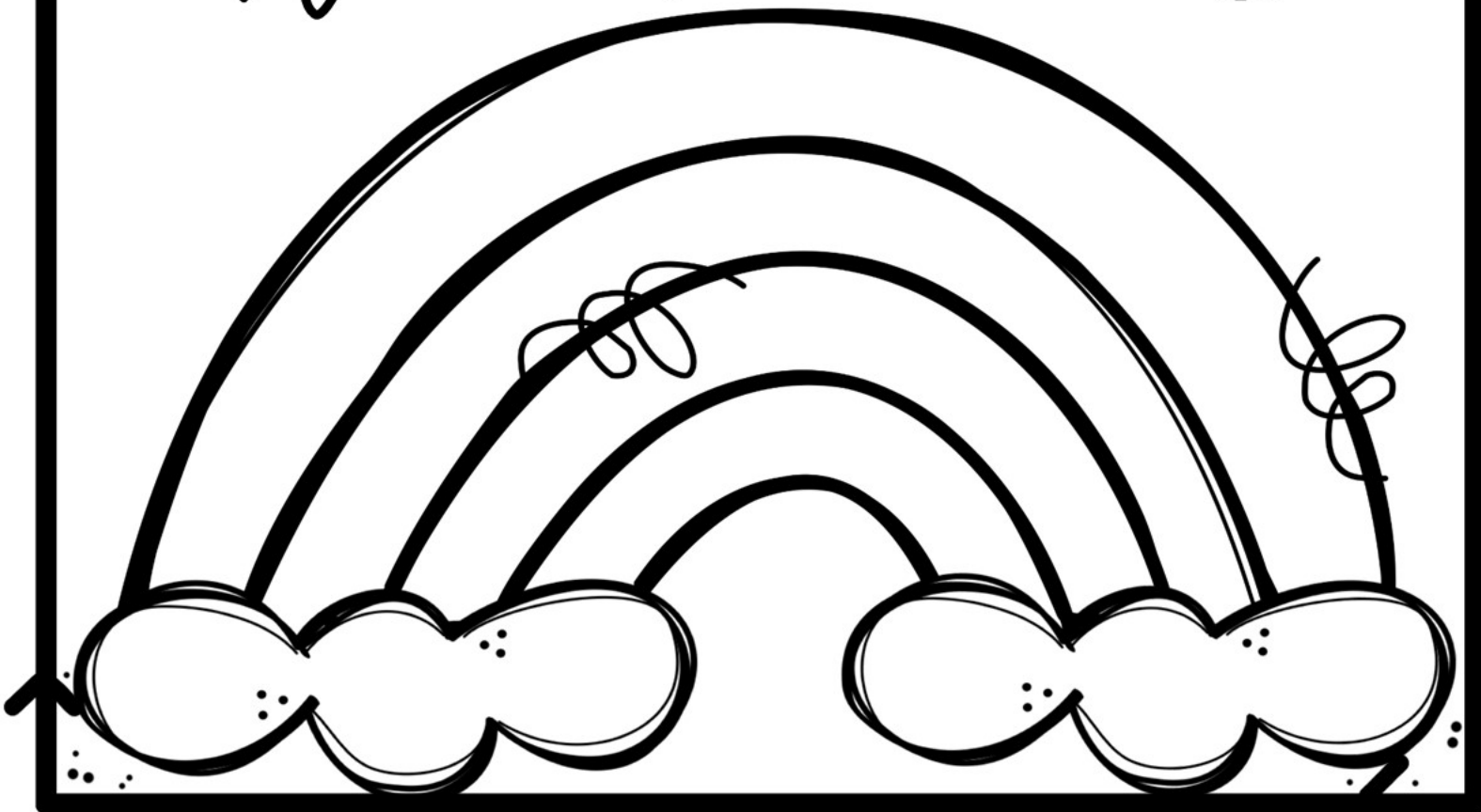
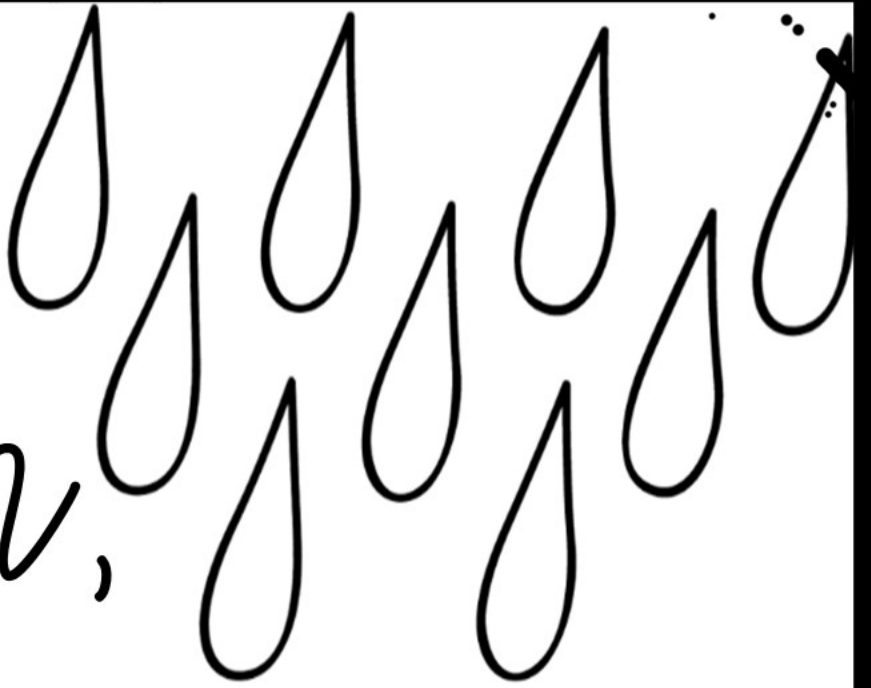


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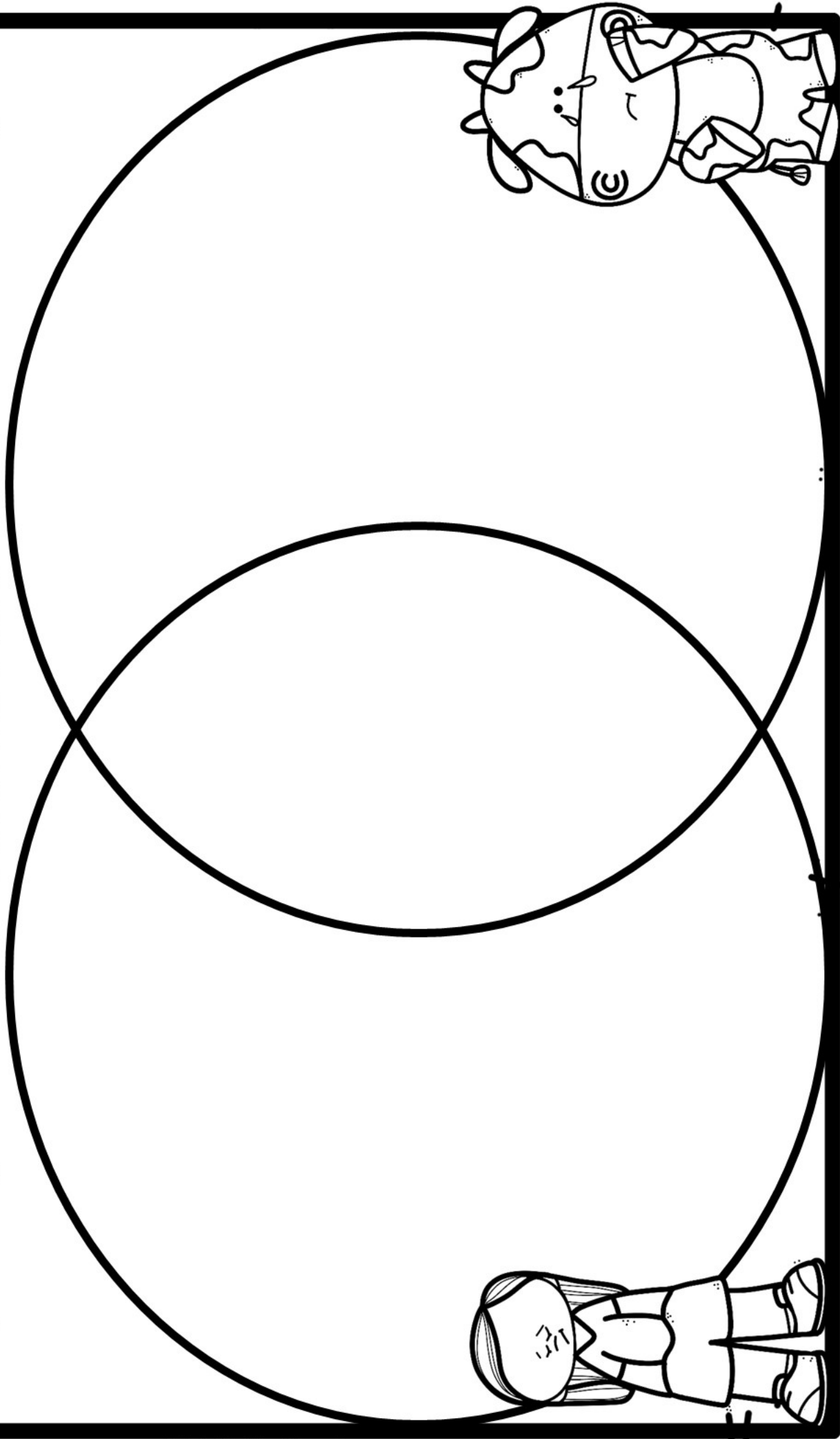


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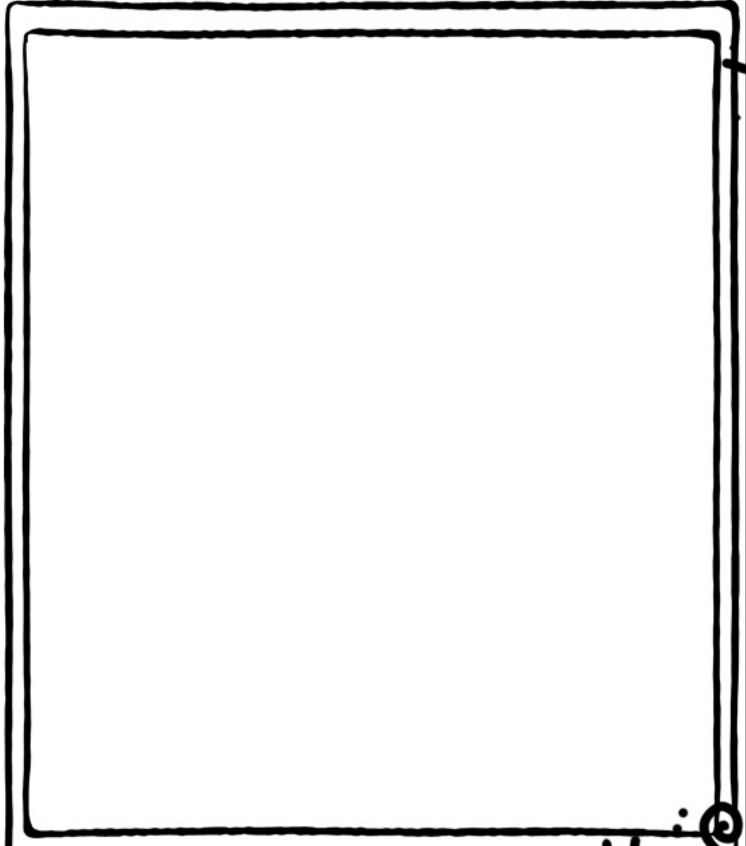
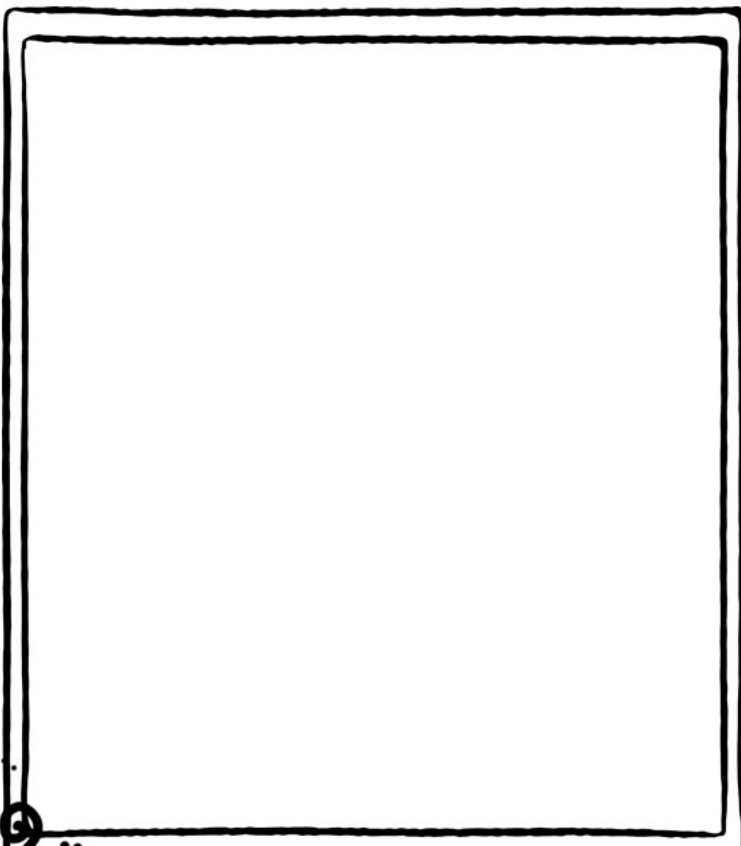
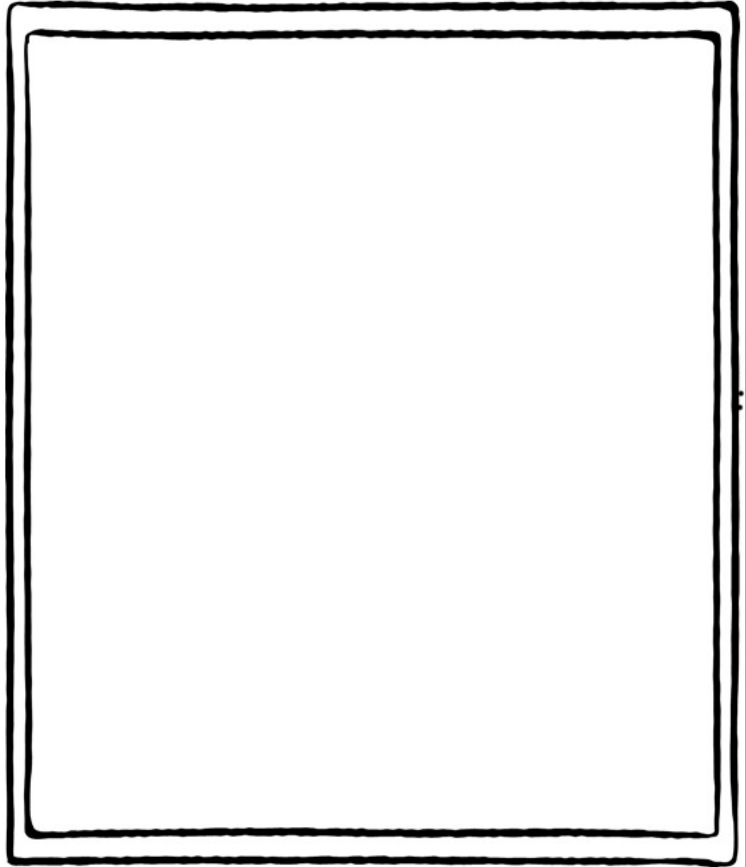
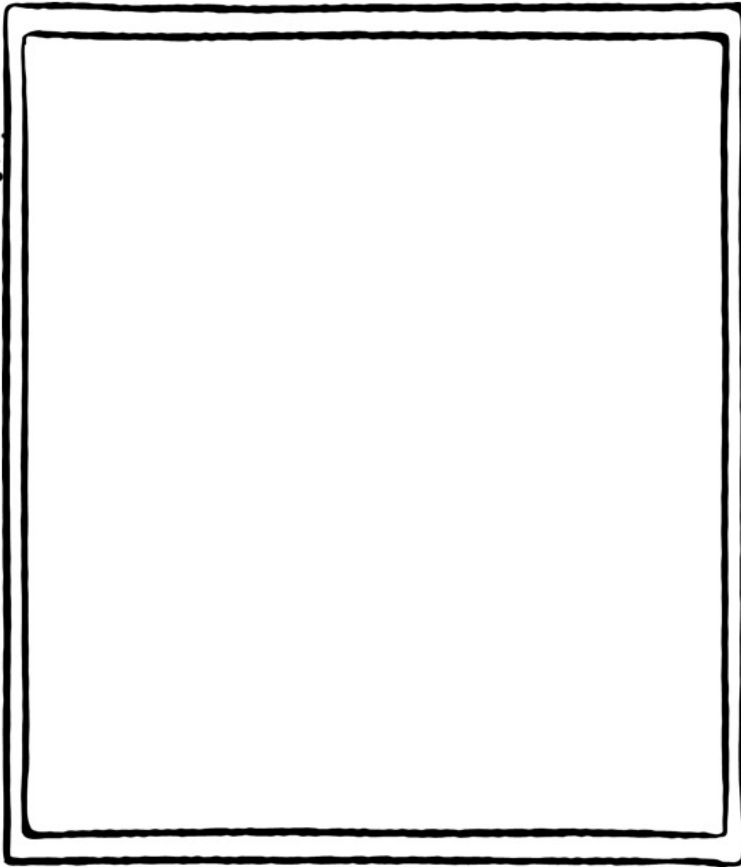
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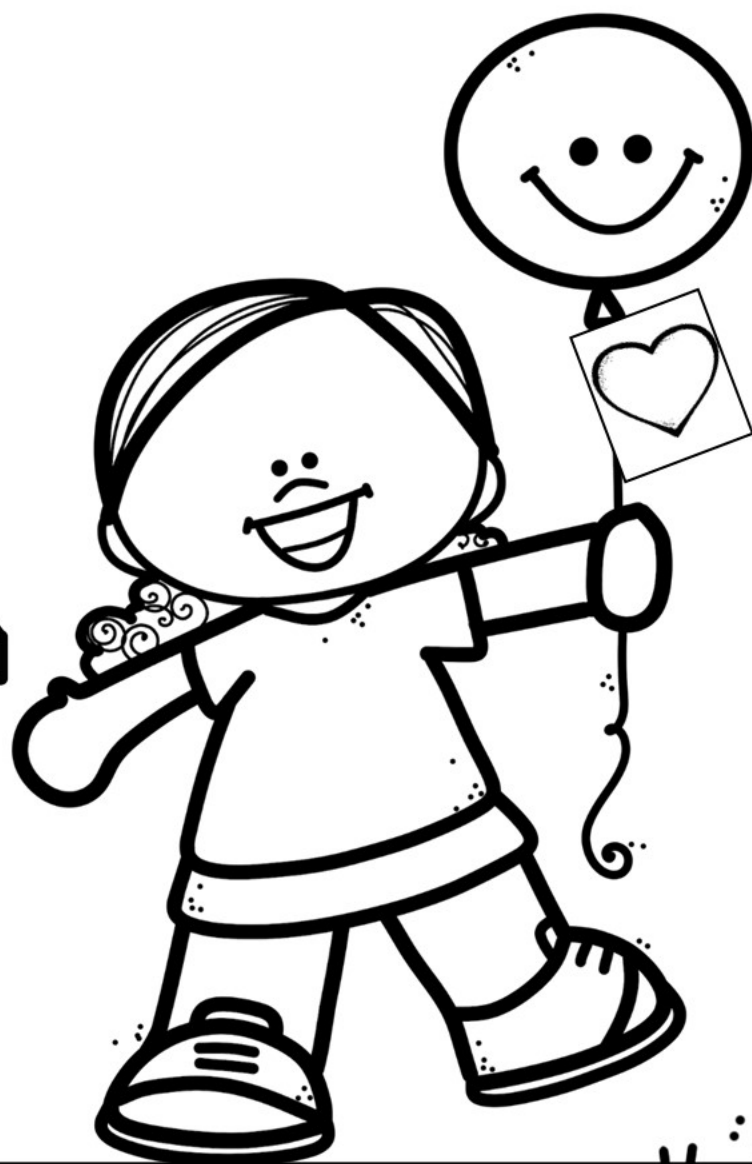
# HAPPY MEMORIES THAT I HAVE WITH



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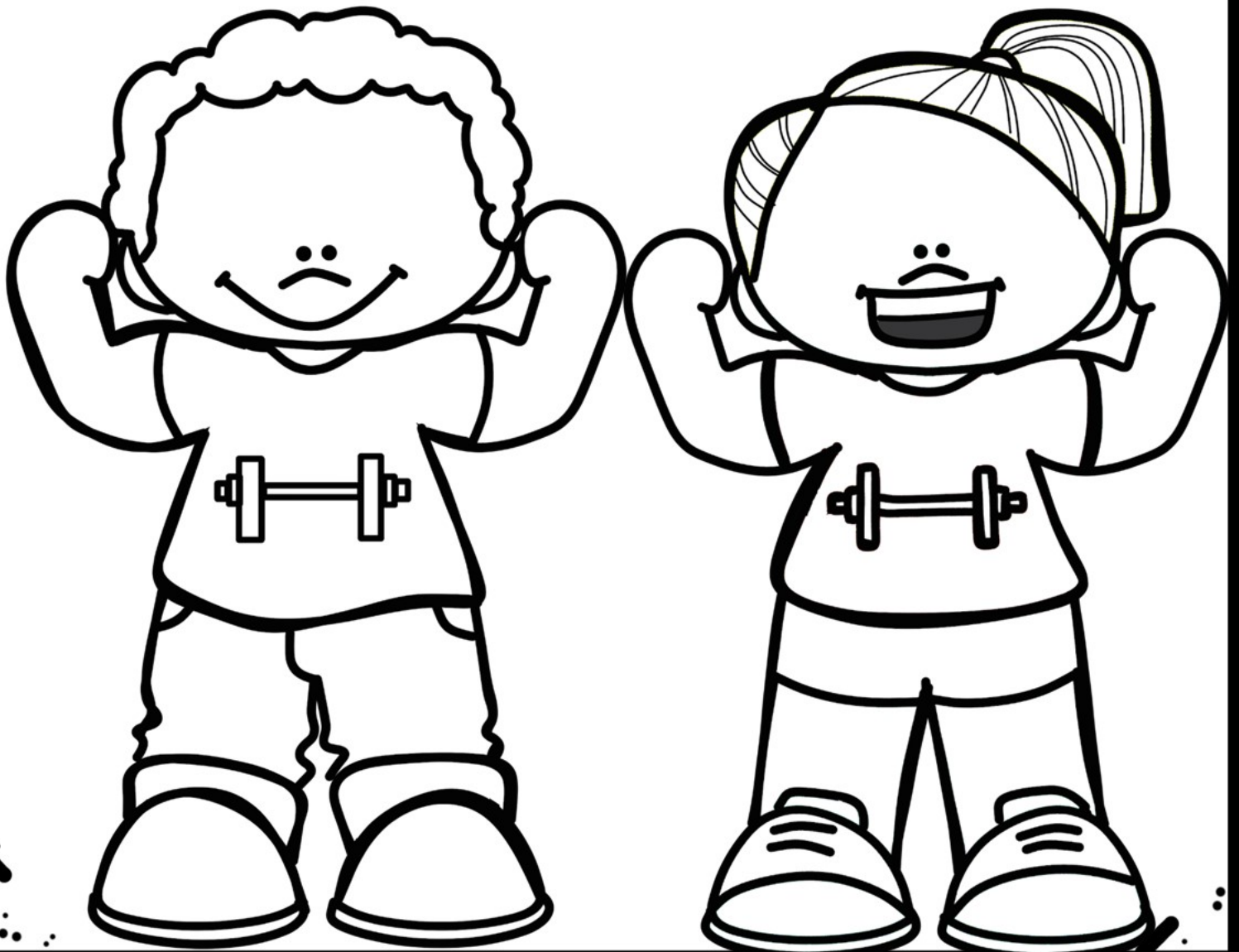
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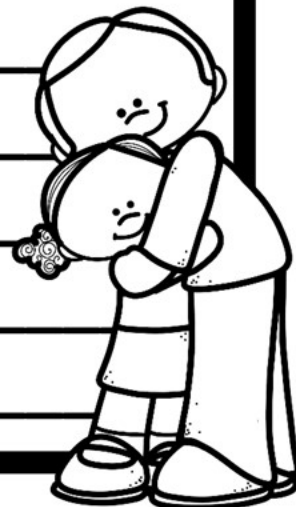
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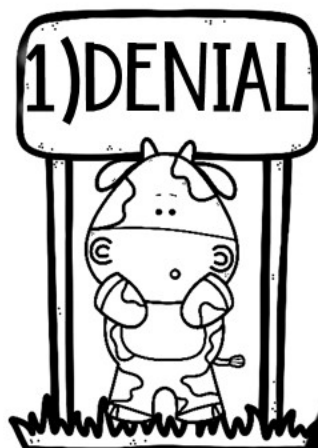


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# THANK YOU TO...

