Memory Lane

Consider the following questions, and write a few of your thoughts about this. Do not judge your thoughts or feelings, just let them flow and reflect on them.

The person who died taught me…

My favourite story about the person who died is…

Memory Lane

Consider the following questions, and write a few of your thoughts about this. Do not judge your thoughts or feelings, just let them flow and reflect on them.

Others think I should…

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What I need from others right now is…

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Memory Lane

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I take care of my own health by…

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Something I'm concerned about is…

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Memory Lane

Consider the following questions, and write a few of your thoughts about this. Do not judge your thoughts or feelings, just let them flow and reflect on them.

Five words that describe the person who died are…

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I want to tell the person who died…

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Memory Lane

Consider the following questions, and write a few of your thoughts about this. Do not judge your thoughts or feelings, just let them flow and reflect on them.

Since the person died…

I feel the person close to me when…

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The death has changed the way I…

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It's still hard for me to…

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