Processing My Loss

Instructions: Fill in the blank with whatever comes to mind. If you'd like, you can have a trusted adult help you. Take your time and answer at your own pace.

1) I really miss my:

_____
_____
_____.

2) Today I am feeling:

_____
_____
_____.

3) What I miss the most is:

_____
_____
_____.

4) My favorite memory was:

_____
_____
_____.

5) The person I lost taught me how to:

_____
_____
_____.

6) When I am feeling down or sad I know I can talk to:

_____
_____
_____.

7) Draw something that reminds you of your loved one.