Why I Miss You

Instructions: Free write your responses. Take your time and be patient with yourself as you respond to the following questions.

1) When I think about the one I lost, I immediately remember:

_____
_____.

2) A secret memory I have with my deceased loved one that no one else knows:

_____
_____.

3) Whenever I am around _____, I think of my loved one who passed away.

4) I remember them by:

_____
_____.

5) I will continue to honor their memory by:

_____
_____.

6) If they were sitting across from me now they'd say:

_____
_____.

7) If they were sitting across from me now I'd say:

_____
_____.

8) The most difficult part of this process is:

_____
_____.

9) In terms of the grieving process, I'm afraid of:

_____
_____.

10) I'm proud of myself for:

_____
_____.