Staying connected to someone who has died

Ways of keeping a bond with the person, and what you want to remember.

Name _____ Date _____

It used to be thought that grieving meant letting go. Most bereaved people find the opposite: they keep a bond, in a new form, and it helps.

Ways people stay connected

- [ ] Talking to them, out loud or in my head
- [ ] Keeping something of theirs close
- [ ] Visiting a place that was theirs
- [ ] Cooking their recipes, playing their music
- [ ] Marking their birthday or anniversary
- [ ] Telling stories about them
- [ ] Asking "what would they say about this?"
- [ ] Carrying on something they cared about
- [ ] Looking at photos and videos
- [ ] Writing to them

What I most want to remember about them

What they gave me or taught me that I carry with me

The ways I already stay connected

A way I would like to try

How I want them to be part of my life from here

The idea of continuing bonds comes from Dennis Klass, Phyllis Silverman and Steven Nickman (1996).

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.

Memories worth keeping

Gathering what you do not want to lose.

Name _____ Date _____

Many people fear they will forget. Writing things down keeps them safe. Fill this in over time, alone or with family. Some answers will make you smile and some will hurt.

Their name, and what I called them

What they looked like, sounded like, smelled like

Things they always said

What made them laugh

What they were good at, and what they were hopeless at

A story that sums them up

My favourite memory of us together

What I learned from them

What I want other people to know about them

You could add photos and keep these pages in a folder or box.

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.