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).

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