

My Story

The person who died in my life is _____

Who died on _____ (day, month, year)

The cause of death was _____

I found out about the death when _____

After their death, I believe my loved one is _____

My first feeling was _____ because _____

Now I feel _____ because _____

What makes me most angry is _____

I worry about _____ because _____

The hardest thing about not having _____ in my life
is _____

because _____

The adults in my life tell me _____

What helps me most is _____

What helps me the least is _____

I will always remember _____ and I will always keep you in my
heart and in my life.

Signature

Date