

Memories I Carry

Remembering can bring warmth, sadness, laughter, pain or many feelings at once. All of these responses can belong in grief.

A memory I return to often is...

Something that still makes me smile

Something I learned from them or from this relationship

A place, song, smell or object that holds meaning

Something I never want to forget

A tradition or memory I would like to keep

What does remembering bring up for me?

A memory I want to carry forward is...