

Remembering & Continuing Bonds



Grief does not require us to forget or leave a person behind. For many people, connection changes rather than simply ending.



CONNECTION CAN CHANGE

A continuing bond can be an ongoing sense of connection with someone who has died - through memories, stories, values, traditions or the ways they influenced your life.



THERE IS NO ONE RIGHT WAY

Some people find comfort in photographs, talking about the person, visiting meaningful places or keeping traditions. Others prefer quieter or more private forms of remembering.



MEMORIES CAN HOLD MANY FEELINGS

Remembering may bring warmth, sadness, longing, gratitude, anger or several feelings at once. A meaningful memory does not have to feel only comforting.



YOU CAN CARRY THINGS FORWARD

Qualities, lessons, sayings, values, traditions or ways of relating can remain part of your life and can be one way of honouring an important relationship.

REMEMBERING DOES NOT MEAN BEING STUCK

It is possible to remain connected to someone who has died while also continuing to live, change, form new experiences and make room for other parts of life.

Your relationship and your grief are uniquely yours.

Choose ways of remembering that feel meaningful to you.

My Connection & Memories



Use any of these prompts that feel meaningful. You can leave sections blank, return to them later, or complete them with someone you trust.

A MEMORY I WANT TO HOLD ONTO

A moment, story, place, experience or small detail that feels important to remember.

WHAT I MISS OR LONG FOR

What do you especially miss about this person, relationship or part of life?

WHAT I VALUE OR APPRECIATE

Qualities, things they taught you, ways they supported you, or what the relationship meant to you.

WHAT I WANT TO CARRY FORWARD

A value, tradition, saying, lesson, quality or way of living that you would like to keep with you.

WAYS I MIGHT STAY CONNECTED

Photos, stories, rituals, music, cooking, visiting a place, marking anniversaries, talking about them - or something entirely your own.

SOMETHING I WOULD LIKE TO SAY

If it feels right, write something you wish you could say now.

A gentle note

Remembering can bring strong feelings. Pause, take a break or seek support if you need to.