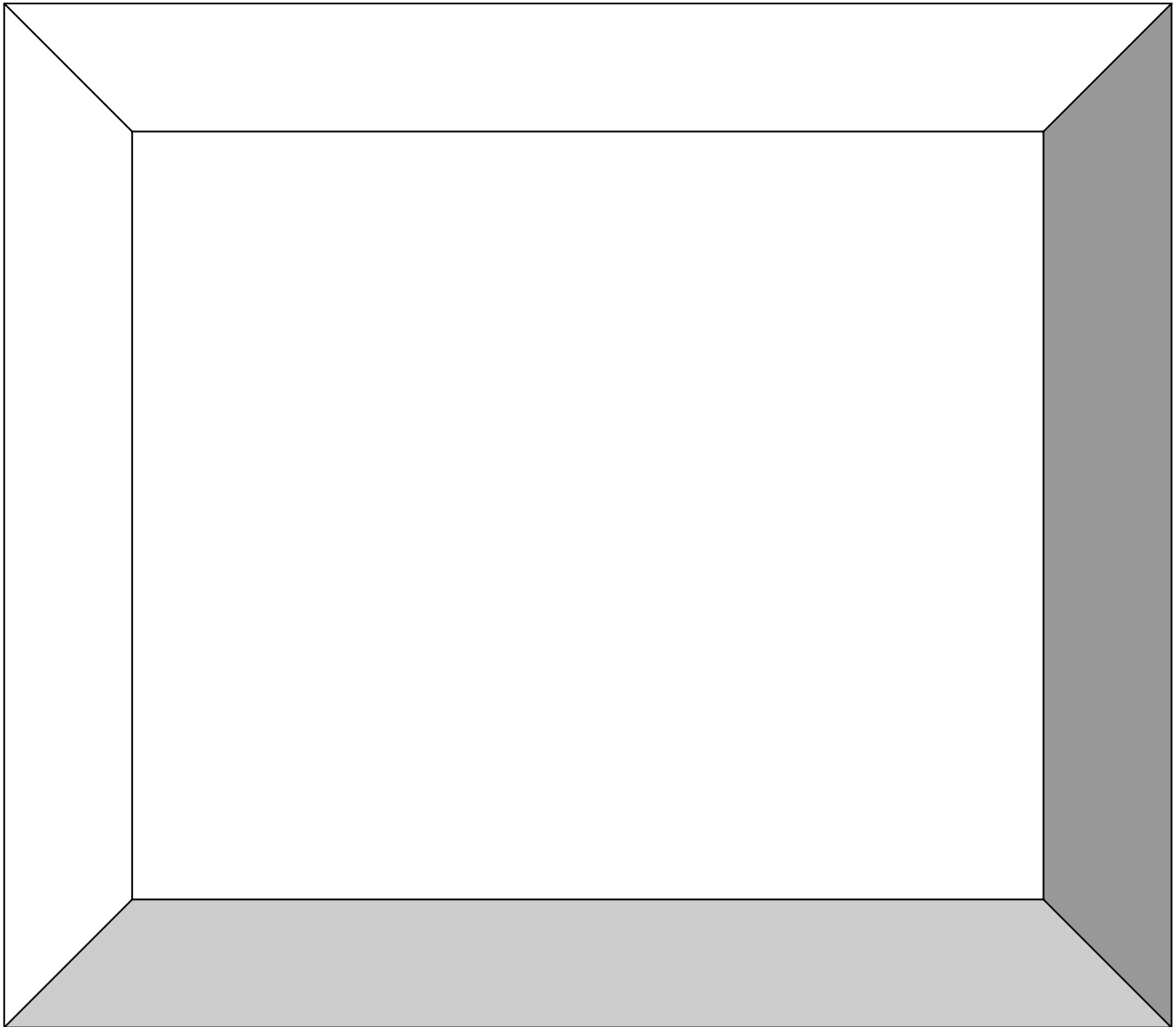


# REMEMBERING YOU

A Book of Memories for the Teenager  
Who Has Had a Loved One Die

By  
Helen Fitzgerald, CT

**Put a picture of your loved one here.**



## A Personal Note to You

Two of my children were teenagers when their father died. I have watched them struggle throughout the years. I have often wished there had been a book similar to this one for them. You can use this book in several ways. If you are in a support group, you can use it there or individually with a counselor. Or, you may wish to work on it on your own. If you choose to do it by yourself, I would urge you to share it with an adult as you go along.

# MY STORY

The person who died in my life is \_\_\_\_\_

and was \_\_\_\_\_ years old. The date of the death was \_\_\_\_\_

He/she was my \_\_\_\_\_

The cause of death was \_\_\_\_\_

I found out about the death when \_\_\_\_\_

\_\_\_\_\_

What I remember about the funeral is

\_\_\_\_\_

\_\_\_\_\_

My first feeling was \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

Now I feel \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

What makes me most angry is \_\_\_\_\_

\_\_\_\_\_

I worry about \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

The hardest thing about school is \_\_\_\_\_ because \_\_\_\_\_

\_\_\_\_\_

My friends help me by \_\_\_\_\_

\_\_\_\_\_

The advice the adults in my life give me is \_\_\_\_\_

\_\_\_\_\_

What I miss the most about my loved one is

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What I miss the least is \_\_\_\_\_

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What helps me the most is

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What helps me the least is \_\_\_\_\_

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**Using the boxes below, write the name of your loved (one letter in each box). Then using the letters, write a characteristic that your loved one had. For example “J”-jolly:**

	_____
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	_____
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	_____
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	_____
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	_____
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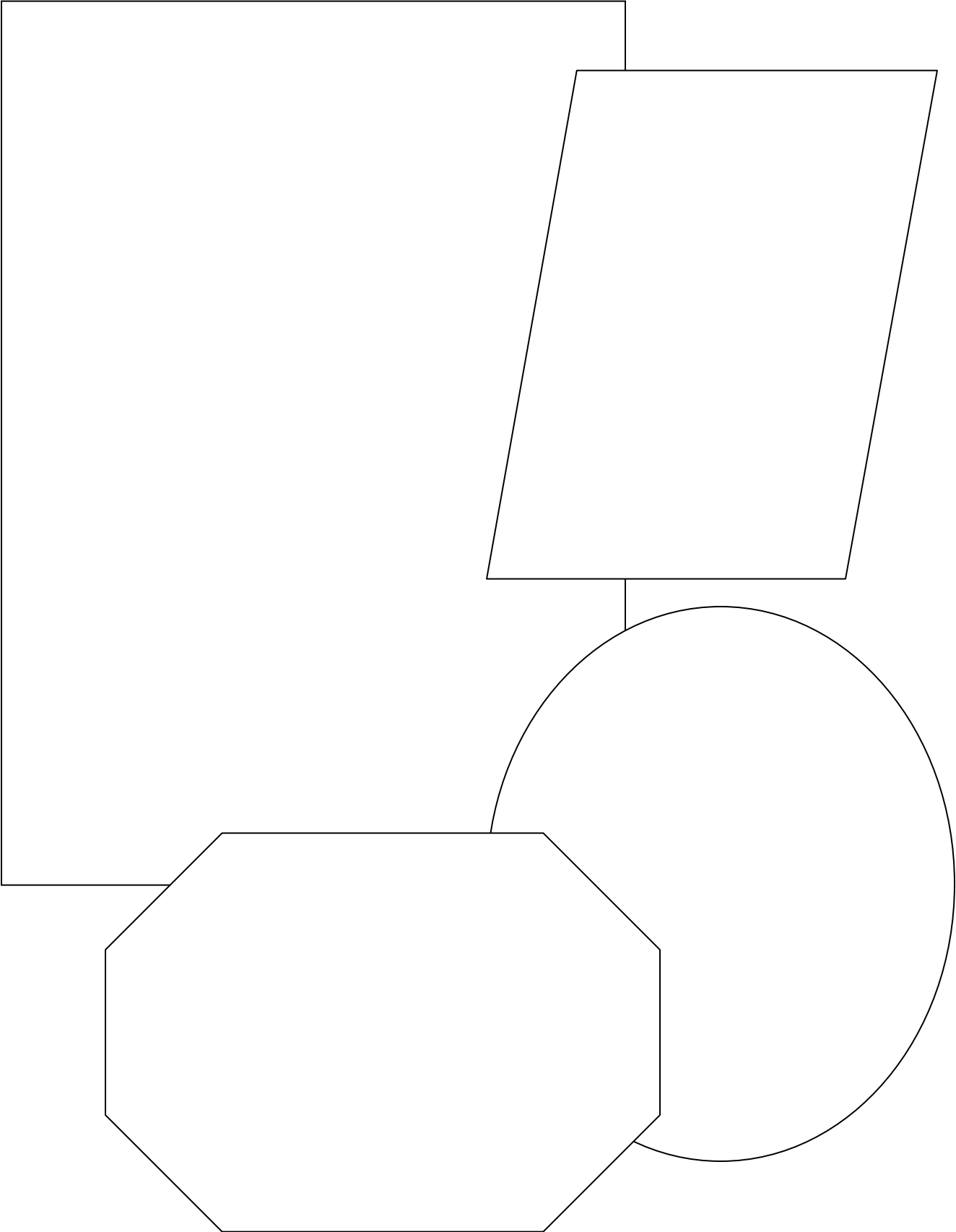
	_____
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	_____
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**THIS PROCLAMATION IS WHAT I WOULD LIKE THE  
WORLD TO KNOW ABOUT MY LOVED ONE**

A large, empty rectangular box with rounded corners, designed for writing a proclamation. The box is framed by a decorative border that features a scroll-like effect on the left and top edges. The interior of the box is completely blank, providing space for the user to write their message.

**HERE ARE SOME PICTURES OF THE TWO OF US**



**WRITE A POEM OR SONG  
THAT REMINDS YOU OF YOUR LOVED ONE  
AND EXPLAIN WHY**



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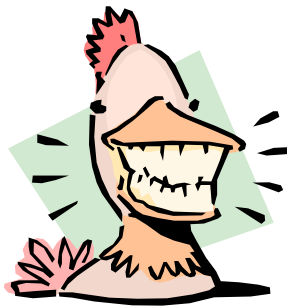
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**MY FUNNIEST MEMORY OF MY LOVED ONE IS:**

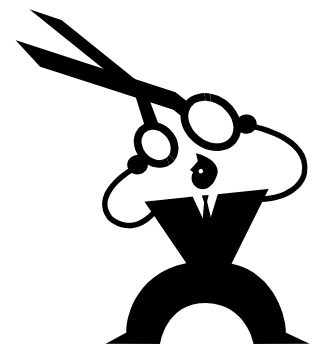
A large, empty rectangular box with a black border, intended for the user to write their funniest memory.







**CREATE A COLLAGE THAT REMINDS YOU OF YOUR  
LOVED ONE. TRY USING PICTURES AND WORDS FROM  
MAGAZINES.**



# MY FUTURE LOOKS LIKE...

SIX MONTHS FROM NOW:

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ONE YEAR FROM NOW:

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FIVE YEARS FROM NOW:

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# **JOURNAL NOTES AND DRAWINGS**

**THIS IS NOT THE END, IT IS A NEW BEGINNING  
OF A NEW CHAPTER IN MY LIFE ...**

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