

1. Take a minute and think about your loved one and their characteristics. Think about both sides. The things you loved about them and the traits that were a challenge. Holding a picture or a treasured object might help you complete the exercise.

What are some of the positive qualities of the person who died?

What are some qualities of the person who died that are not positive?

2. Now think about the times you spent together. The good times and the not-so-good times.

Describe some of your pleasant times and memories:

What are some of the hard times you spent together?

3. What are your reflections about the exercise you just completed?

- 4. Try having an imaginary conversation with your loved one. Pretend that death has just occurred, but your loved one can still hear you and talk to you. You'll know what words and expressions they use and what they'd likely say to you if you asked them a question.

Take five minutes to have a conversation with your loved one now.

What was that like for you? Make some notes and share your reflections.