

Re-telling the story of your loved one's death takes about 5 to 10 minutes a day.

It's best to make your recording using your computer, an old phone, or a tape recorder. If your phone is the easiest option, that's alright too. Just try to imagine setting a password on the file after you finish. You don't want to feel like you are carrying the story around with you at all times.

Choose how and where you'd like to record yourself and follow these steps:

1. Set your device to record. Set a timer for 10 minutes.
2. Rate your level of distress from 0 (none) to 10 (high).
3. Answer the question:
What is the story of the moment you found out that (name) died?
Where were you? Who was around you? What time of the day or night was it?
Close your eyes as you tell the story. Create a vivid image in your mind. Your re-telling should last about 5 to 10 minutes. Stop when you have finished or when the timer goes off.
4. Open your eyes and rate from 0 to 10 how distressed you felt with the re-telling.
5. Close your eyes and imagine that you are rewinding the story on your device. Visualize yourself clicking rewind and see the recording going back to the beginning. Now imagine storing your recording somewhere safe. A secure folder on your computer could work. This step gives your mind a break from the intense feelings that may have come up during the re-telling.
6. Pick a reward from your list and give it to yourself. Try to open yourself to feelings of enjoyment.
7. Listen to the story you recorded each day for the next week. Record your level of distress before and after you listen. Reward yourself after each time.

After a week has passed, create a new recording using steps 1 to 7 again. You'll continue this exercise for several weeks.