



## SPIRITUAL PRACTICE

# Reflecting on Your Story

**This is your story, the story only you can tell. There is no grade or others opinions needed. Write your whole story or only the part you want to write. You can write the same part over and over. The truth of your story is yours.**

- Begin somewhere and let the process lead you.
- Be spontaneous, write quickly and allow the unexpected to happen.
- Don't worry about grammar or spelling(!). It may take the form of lyrics, poetry, prayer and/or art or it may look like a grocery list.
- Be honest, as this will benefit your healing.

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Remember this can be a written journaling spiritual practice or you may create something else that tell your story. Here are some prompts to help you to tell your story.

Visualize a favorite memory about your loved one.

Describe it using your five senses (see, hear, taste, smell, feel).

Describe how you feel using just one word. Then describe the emotion fully, in detail, as if you are explaining it to someone who has never experienced it.

Describe how your loved one died. When did they die(month/year/time/season)? How old was loved one when he or she died?

What have you learned about yourself that you did not realize before?

This is difficult but what is something beautiful in yourself that you discovered or strengthened in yourself because of your loss (compassion, perspective, living life to the fullest, living with purpose, etc)?

What have you learned from your loss or from your grief?

Write a letter to your loved one or create something you would give them.

Write a letter to yourself from your loved one's voice.

Write a letter to someone you know who also lost someone you loved.

Write a eulogy to honor the life and legacy of your loved one or create a memorial for them.

Write the word "grief" on the center of a page, then write every word that comes to mind around it.

Write about an event or memory that was important to you and your loved one or memorialize that event in some tangible way so you can revisit it if you want.

