

GriefPlan.com

with Dr. Jason Troyer



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Healing with Meaningful Objects

It is normal to keep personal mementos, keepsakes, charms, and other items that remind us of our deceased loved one. These items can help us heal by reminding us of the loss and allowing us to focus on our grief-related feelings and thoughts.

Examples of Meaningful Objects

- Rings or other jewelry
- Dogtags or medals
- Clothing items; handkerchiefs
- Pictures
- Coins
- Pocket knife or tools
- Household items (cooking utensil, coffee mug, etc.)
- Toy
- Vehicle (restored car, etc.)
- Quilt or knitted item
- Collectible

Other Considerations

- Can keep the item with you or keep it in your home
- Normal to be afraid to lose the item
- If you are widowed, don't feel rushed to take off your wedding/engagement ring. Follow your own timeline (and may choose to never take it off).

Journaling Prompts

What is your most prized item? What does it symbolize or mean to you? What is a story that goes with the item? What do you feel or think about when you focus on the item? What item do you wish you owned?