

# GriefPlan.com

## with Dr. Jason Troyer



This worksheet is part of the **GriefPlan: Heal, Remember, & Rebuild Program** created by Dr. Jason Troyer. This worksheet is copyrighted by Dr. Jason Troyer and may only be used by individuals in the GriefPlan Program. This worksheet and other GriefPlan materials may not be sold, copied, or distributed without the permission of Dr. Jason Troyer. Please see **GriefPlan.com** for more details about the program and free resources.

## Remember: Embrace the Whole Person

Part of learning about your loved one is learning about ALL of them. Unless your loved one was an infant or child, we're talked about loved ones who are real people – people with strengths and shortcomings. Part of learning about their life is learning about their successes as well as their struggles. It's easy to hear about their strengths, but it can be challenging to hear about their struggles.

### Considerations

- Real people aren't perfect.
- Learning about our loved one's challenges can help bring new insights into their life and their actions.
- Recognizing our loved one's imperfections does not mean that we don't love them -- in fact, it make help us love them more.
- This may not apply if your family member caused you trauma. It can be helpful to review extensive trauma by family members with an individual therapist.

### Journal Prompts

- What were some of the challenges your loved one dealt with?
- What are some of their traits or behaviors that you DON'T miss?
- Which challenges do you wish you understood better? Do you have a guess about why they behaved or thought that way? Who might shed more light on this?
- How have their challenges or negative traits influenced how you live today?