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with Dr. Jason Troyer



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Remember: Writing Biography

One special way of remembering your loved one and understand how their story fits with your story is to write it down. The benefit of writing is that it provides time and space to think about your loved one's life and your memories of them, and your reaction to their loss. Writing about your loved one also gives you an excuse for asking others to share stories about them. Simply the act of writing or typing is a powerful way to remember them and to make sure those memories and stories will be preserved.

Writing Their Story

- Your writing can take various forms: Personal notes, a diary or journal, or a full book.
- You don't need to worry about any rules or grammar. Just start to write.
- Lists, doodles, bullet points, and other forms of writing or describing are fine.
- Reach out to people who can help you fill in the gaps or give you new insights.
- If you want to turn a longer project into a real book, you might investigate websites like: www.UBuildabook.com; www.Blurb.com; or www.smallbatchbooks.com

Writing Prompts

- What are your first memories of them? How did your relationship evolve?
- How did others respond to them?
- Write about a time they made you angry. A time when they were especially kind. A time when they surprised you in their action or response.
- What do you want the world to remember about them?