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with Dr. Jason Troyer



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Remembering by Sharing

Talking about your loved one, your relationship, the loss, and what has happened since their death is immensely helpful. Sharing their story is a critical part of the remembering process – which includes weaving their story with yours. By telling and re-telling their story and your part of that story, it helps to integrate the two.

How to Share Their Story & Yours

- Make it a habit to talk about them. Sharing stories will usually help others to share their own reflections too.
- Talk about them with your family members and other bereaved people. It may be simple statements: "He would have liked this." "She would have ..."
- Understand that sadness and other emotions will arise when sharing stories. Eventually the feelings will not be as intense, but the stories and memories will remain.
- Share stories with the next generations who didn't know your loved one.
- Other forms of sharing their story can happen through writing, creating scrapbooks or memory books, and other methods.

Journal Prompts

- How comfortable are you with sharing stories about your loved one? How do most others react? Who do you feel comfortable sharing with?
- What stories do you want to share, but don't feel like anyone wants to hear?
- What would you like future generations to know about your loved one?
- In what ways is your life a continuation of their story?