



## **Exercise: Tell your story**

Who died?

---

---

How did they die?

---

---

---

---

---

Who can support you as you grieve?

---

---

---

---

---

Was their death expected or unexpected?

---

---

---

---

---

What have you lost with the death of your loved one?

---

---

---

---

What thoughts or feelings are worrying you?

---

---

---

---

What would your loved one want for you now?

---

---

---

---

Which direction do you see your life taking now?

---

---

---

---