**TELLING ONE’S STORY**

These questions may be helpful in recalling events around the death of your loved one. If it helps, jot down notes.

**Part A**

Who died?

How did he or she die?

Was it a short or long time ago?

How did you find out that your loved one died?

Who told you?

 What was your immediate reaction after hearing of the death?

 Did you see your loved one after the death?

 How do you feel now?

 **Part B**

What was it like for you to see (or not see) your loved one?

Was there a funeral, shiva, or other kind of memorial?

Were you involved in the service?

 What parts were really difficult?

What parts were okay?

What memory of the person who has died makes you feel good?