

Remembering in My Own Way

Grief and life transitions | Adults | 10 to 15 minutes

Choose an optional way to acknowledge a meaningful relationship or life chapter.

Remembering can bring comfort, pain, mixed feelings, or little feeling at all. You decide whether this exercise fits today. You may honor a person, a place, a role, or a chapter of life without presenting the relationship as perfect.

Select one small expression

Possible choices include a song, a meal, a drawing, a story, a private phrase, or keeping an ordinary object. Choose something that matches your beliefs and circumstances. You may also decide that setting an object aside or taking a break from reminders is the caring choice today.

Keep your own meaning

Name what this expression means to you, including any complicated parts. Decide whether it will be private or shared. If others participate, tell them what would feel supportive and what would not. The exercise does not require forgiveness, gratitude, or a positive interpretation of harm.

What I want to acknowledge or remember is

My chosen expression, or my choice to pause, is

The meaning and mixed feelings I want to make room for are

I want this to be private or shared with; afterward I may need