

## Your story isn't finished...

Sometimes bereavement is so disruptive that it feels as if your life is over. You can't even imagine what life could be like without your loved one in it. People have told us that they have a sense of the time before the loss and the time after the loss being like two different lives, or like they are living in two different times. Some of them have told us that it is helpful to think about before the loss and after the loss as chapters in the book that of your life story. The different chapters have different styles and different writing, and yet it is still the same book.

In this book, the chapters might describe you and your relationship with the person who has died, the things you did, what they meant to you, all of it: the good and the not so good. There might then be a chapter about how they died, and the immediate aftermath of that. Then there is a chapter about your grief, about your feelings of loss and the ways that you deal with them.

Your story isn't finished yet. Let yourself imagine that My Grief My Way, in combination with other influences in your life, makes a difference to you. Let yourself imagine how you would like things to be in the future for you, carrying the memory of your loved one(s) with you into the next chapter of your story.

In this exercise, use the first box below to write a summary of some of the chapters that you were writing before your loved one died. **By the end of that box, write about how they died.** You can use the prompt question or just cross it out and start it your own way. Then write in box two how your grief has been, how you have felt, what you have done. In box three, the prompt asks you to consider how My Grief My Way could help you begin a new chapter. **Let yourself imagine the little changes that you would want to see in how you are doing, even if that hasn't happened yet.** Then in box four begin to think about the longer term for you, the later chapters that you would like to be writing.

You don't have to do this all at once, you can return to it over time. You can change what you have written. These boxes might just be a start, if you want to write a lot you can continue, using other pieces of paper. You might find that this worksheet works well with the audio exercise "What would your loved one want for you?".

Box One: In the past....

Box Two: After they were gone I.....

Box Three: And then things started to change for me.....

Box Four: I want to carry the memory of the person I lost with me into the future. As I think about that future, I would like....

When you have a sense of it being enough, look back over what you have written across all the boxes, or all the pieces of paper. Notice that although these are separate chapters of your life, they are all one life. Your life. Your story isn't finished...