



When People Die

(A very short story about death)

Everything that lives must die.

Flowers die, trees die, animals die, and people die too.

Dying is a part of life.

People die when their bodies stop working.

This means they do not breathe air anymore.

Their heart stops beating and pumping blood through their bodies.

When people are dead, sometimes they look like they are asleep, but they are not asleep.

The body is there, but it does not wake up.

The body does not need to sleep.

It does not feel pain anymore.

It does not feel cold or hot anymore.

It does not need to eat or drink anymore.

When we see the body, it seems like the person we know is not in that body anymore.

Some people say that the real person we know is not the body, but the "spirit."

Our bodies hold our spirits while we are alive.

When our bodies die, our spirits leave our bodies just like we can leave a house.

The spirit leaves when the body stops working.

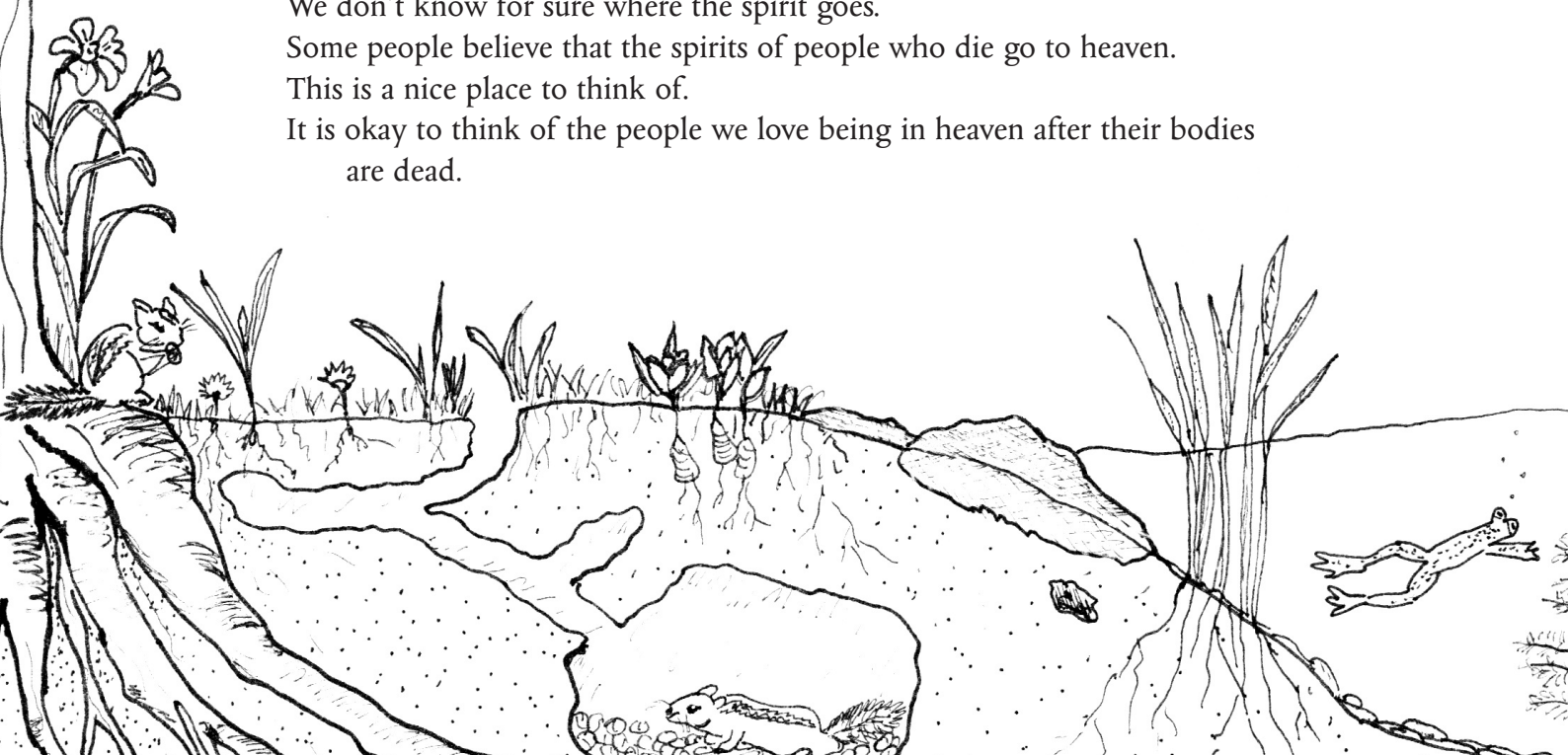
The spirit goes somewhere else.

We don't know for sure where the spirit goes.

Some people believe that the spirits of people who die go to heaven.

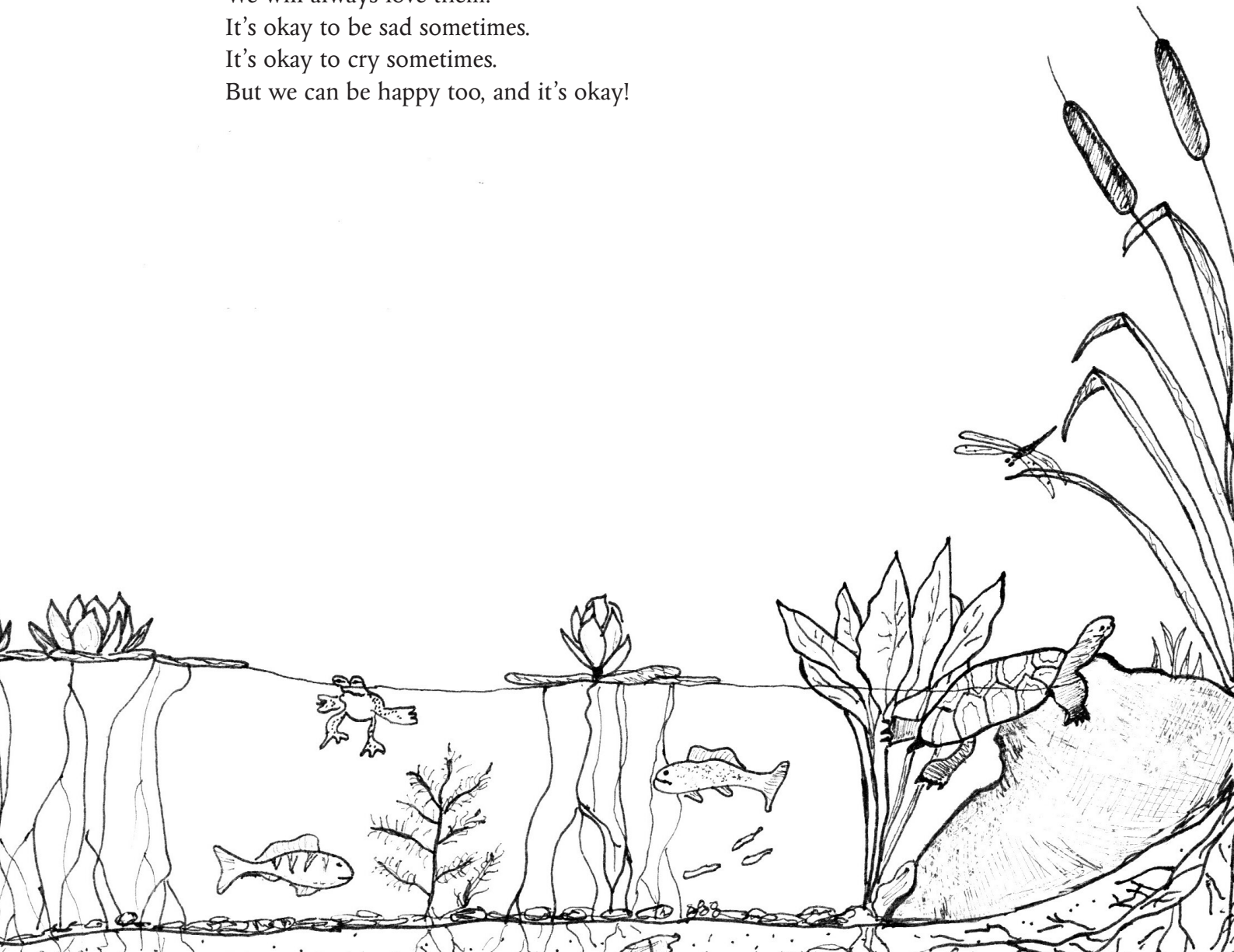
This is a nice place to think of.

It is okay to think of the people we love being in heaven after their bodies are dead.





Heaven would be a very happy and safe place to be.
It is okay to feel sad or even angry when someone we love dies.
When someone we love dies, we miss them.
It is okay to miss the people we love.
When we feel sad or angry we can talk about how we feel with friends,
family or others we trust.
We can always remember the people we love who have died.
We can tell other people about them.
We can talk about the fun things we did, the games we played, or the places
we visited.
We can look at pictures of them, and pictures of us together when they were
alive.
We will always miss them.
We will always love them.
It's okay to be sad sometimes.
It's okay to cry sometimes.
But we can be happy too, and it's okay!



Thinking About My Feelings

It can be very helpful to understand more about your own feelings and experiences. This can be true at any time in your life. Having a greater understanding of your feelings can help you be a more satisfied person. When we are grieving, many of our feelings are very difficult to understand. The following exercise can help you to better identify your own feelings and experiences. It can also help you to be able to share them with others. Circle or check off (tick) any of the following things that are true for you since your loved one died.

1. My feelings have been overwhelming.
2. I have not felt very strong feelings.
3. I have felt confused.
4. I have been worried.
5. I have felt sad.
6. I have felt frustrated.
7. I have felt angry.
8. I have felt afraid.
9. I have had difficulty concentrating or thinking.
10. I have been in physical pain.
11. I have felt guilty.
12. I have felt tired.
13. I have felt happy.
14. I have felt calm.
15. I am not able to keep track of things in my life.
16. I do not like thinking about the person I love who has died.
17. I want to think about the person I love who has died.
18. I sometimes forget that the person I loved has died.
19. I have had problems sleeping.

20. I have had problems with eating.
21. I have had problems with seeing, hearing, smelling, or tasting things.
22. I have had problems with how my clothes fit, how things feel against my skin.
23. I have had other kinds of physical problems or feelings that I can't explain.
24. I want to talk about how I feel, but do not know how.
25. I have not felt or experienced any of the above.
26. I do not know how I feel.
27. I want to talk more about some of the things I checked above.
28. There are things I feel or have experienced that are not on this checklist.
29. There are things that I want to know about _____'s death.
30. I do not want to know any more information about _____'s death.
31. I don't know how things will change since _____ died.
32. I am worried about how things will change since _____ died.
33. I want someone to talk with me about the changes in my life that may happen now.
34. I know who I would like to talk with.
35. I would like to talk to _____.

It is okay if you checked off many of the things on the list above, and it is also okay if you checked only a few, or none. If you would like to know more about, or talk more about, any of the things in the above list, you can circle the numbers of those things above, or write them below. If you want to talk about some feelings or experiences or concerns that are not in the checklist, you can also write those below.

I want to know or talk more about the following items on the feeling checklist:

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I want to know something about a feeling or an experience that is not on the checklist above. That feeling or experience is:

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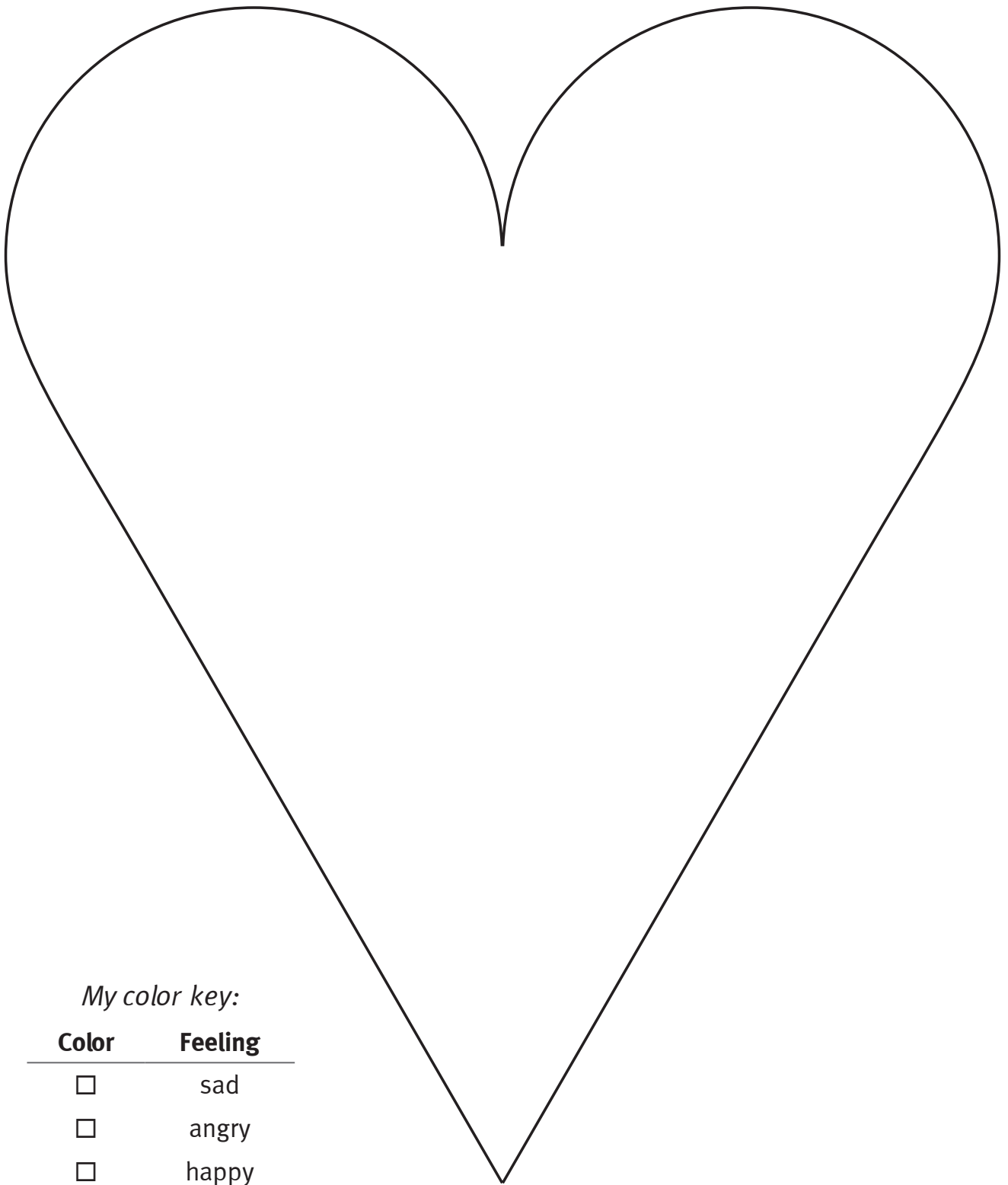
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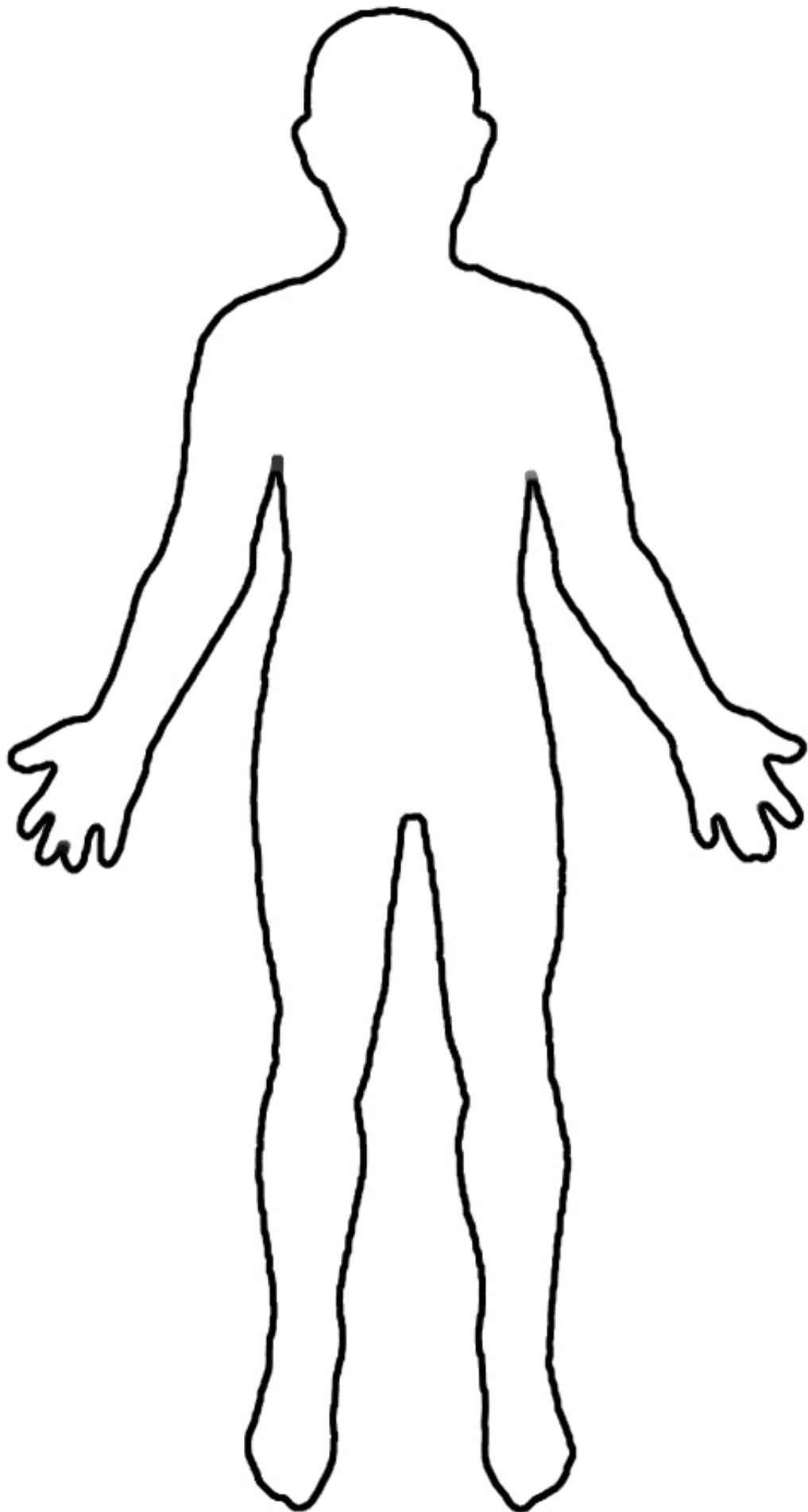
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My color key:

Color	Feeling
<input type="checkbox"/>	sad
<input type="checkbox"/>	angry
<input type="checkbox"/>	happy
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



Dear _____,

I always wanted to tell you

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I would have liked to

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I would like

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I hope that

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Thank you for

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Love,

Pleasant Feelings

happy	content	excited	grateful
interested	curious	satisfied	optimistic
important	proud	confident	loving
cheerful	considerate	inspired	loved
relaxed	sympathetic	great	healthy
kind	playful	energetic	festive
sweet	interesting	skillful	thrilled
peaceful	joyful	eager	clever
hopeful	lucky	unique	certain
pretty	bright	secure	glad
calm	affectionate	certain	at ease
surprised	comfortable	strong	brave
pleased	exceptional	fearless	brilliant

Unpleasant Feelings

sad	worried	edgy	lost
lonely	annoyed	bored	upset
nervous	depressed	impatient	embarrassed
hurt	angry	ugly	aggressive
unpleasant	insulted	resentful	enraged
scared	tearful	heartbroken	dull
disgusted	hopeless	alone	powerless
anxious	guilty	jumpy	afraid
grumpy	helpless	mad	useless
frustrated	scared	jealous	ashamed
terrible	doubtful	stress	empty
disappointed	clumsy	irritable	confused
cross	distressed	troubled	hopeless

Neutral Feelings

shy	quiet	neutral	uninterested
still	resting	satisfactory	adequate
okay	fine	alert	well
lazy	impartial	agreeable	tolerant

Body Feelings/Signals

hungry	thirsty	sore	tired
exhausted	overloaded	sleepy	hot
weak	hurt	in pain	ill
sick	cold	achy	stressed

Any Other Feelings You Can Think Of:

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Check or circle any of these that are true for you:

- 1. My grief feels overwhelming most of the time, nearly every day.
- 2. I think about my grief nearly all day, nearly every day.
- 3. I have more times of anxiety, anger, or other painful or scary emotions than I did before grief came.
- 4. I have more problems concentrating since my loved one died and this has caused problems for me at home, work or school.
- 5. I have experienced nightmares/upsetting dreams repeatedly since my loved one's death.
- 6. I have experienced major changes in my eating and/or sleeping patterns.
- 7. I have increased health problems since my loved one died.
- 8. I have felt like harming myself since my loved one died.
- 9. I have made plans to hurt myself since my loved one died.
- 10. I have harmed myself since my loved one died.
- 11. None of these things are true for me.

I want to share something else about how I am feeling:

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