



MEMBER  
Order of the  
Golden Rule

# Remembering Your Loved One

*"Although it's difficult today to see beyond  
the sorrow, may looking back in memory  
help comfort you tomorrow."*

When a loved one passes away, special days like birthdays become difficult and the reminder of your loss can be painful. To ease the pain, some people choose to search for a special way to honor their loved ones. This can include anything from hosting a small gathering in memory of them or writing a letter to them. Whatever you choose to do, taking time to think of your loved one can bring you comfort.

Below is a thoughtful exercise to help you reflect on the life of your loved one. You can keep your answers to yourself or share them with friends and family. If revisiting these memories is too painful, save this activity for another time.

**My favorite memory of you...**\_\_\_\_\_

**One thing I learned from you...**\_\_\_\_\_

**A song that makes me think of you...**\_\_\_\_\_

**What I miss most about you...**\_\_\_\_\_

**Something I want to say to you...**\_\_\_\_\_

**On your birthday and always, I am thankful for my time with you.**

**YOUR LOGO HERE**



Take your time while dealing with grief, and keep in mind that there is no right or wrong reaction when coming to terms with a loss. If you, a friend or family member is having a difficult time, visit [www.ogr.org/grief-support](http://www.ogr.org/grief-support) for information on grief services and support.



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