

This journal is about.

Born:

Died:

Journal Keeper:

Our relationship was special. Here I'll describe things we did together, what we enjoyed, and some of our favorite things:

What I did and felt right after I found out about your death:

What it felt like going back to school after you died:





Your Death

*"When I first found out that you died I was in shock, but I had to know the whole truth, every detail."
Brad, 17*

This is what I know about when, where and how you died, and who was with you at the time:



*Sometimes I find myself imagining that if these things were different
your death might not have really happened:*

*I wish you could tell me what your death was like, what really hap-
pened. I think you'd say:*

Funeral/Memorial Service

*"The funeral felt so unreal, like I was watching a movie, it wasn't really us, just actors who looked like us."
Alex, 18*

On this page I will describe the funeral service, the people who spoke and the personal touches that reflected your life and personality.

This is how I felt being there (or if I didn't go -why I didn't go):

*The funeral service handout can be attached to this page,
as well as pictures and newspaper clippings.*

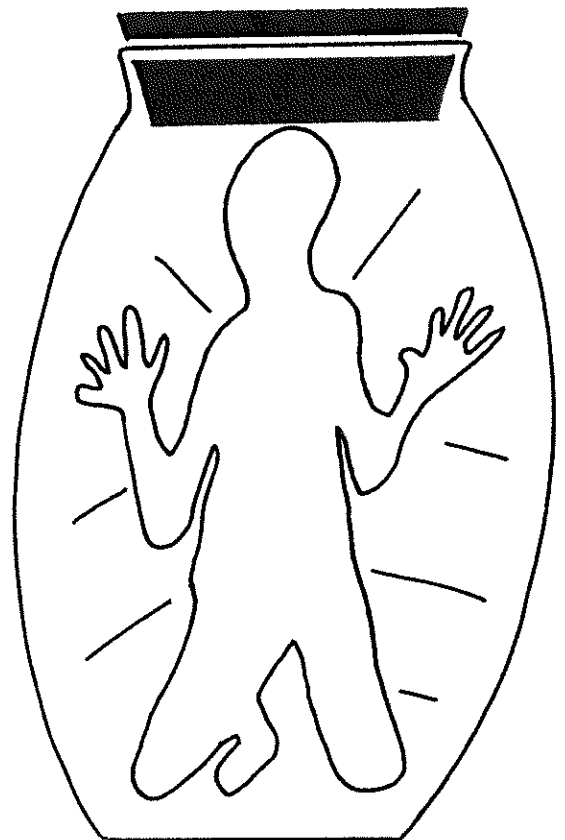
My Feelings

"It seems so unfair that YOU died!! It seems like other people have perfect lives free of sadness and pain! Now I feel like I am different from most people."

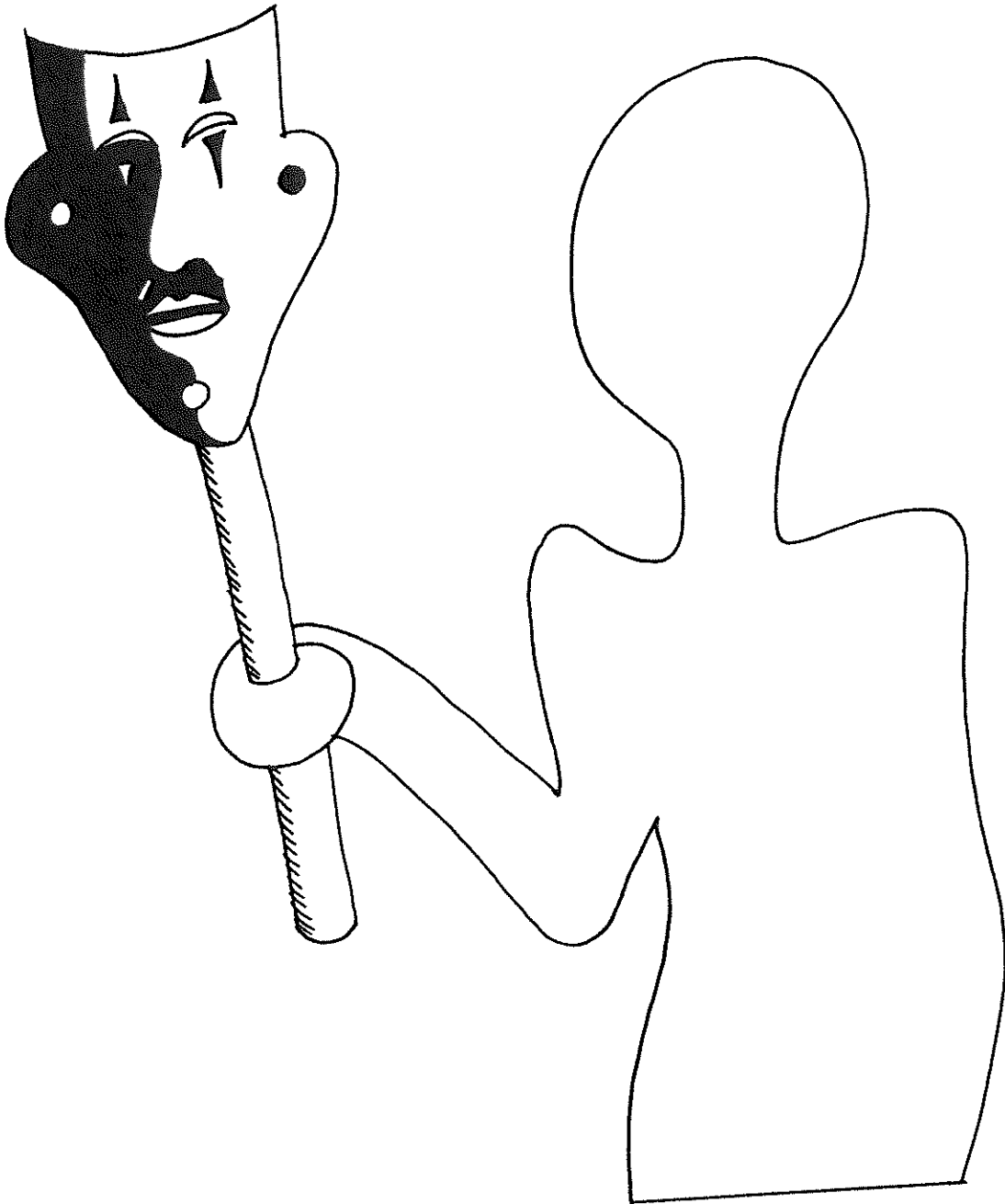
Kate, 13

I feel Angry!!

I feel so alone. . .

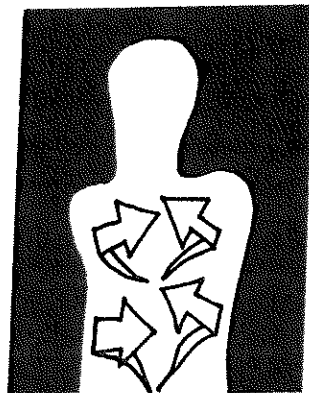


Finish this picture to represent yourself.



Sometimes I want to run away. This is where I would like to go and why:

Sometimes I get mad and frustrated about...



Support

"I want to talk to someone who will hear my feelings and accept them without judging or ignoring me. If I were a small child I could get comfort easier, but I feel pressured to act more grown-up." Jean, 15

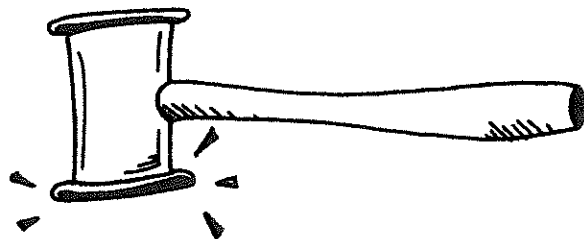
Some family and friends have been really helpful by:

I feel loved and understood when:

Some people wanted to help but didn't know how. This is what I would have liked from them:

Some people wanted to help but I chose not to accept it because:

I know it's not my fault that you died, but there are some things I feel responsible for:



Life is different now; where do I fit in?



Physical activity really helps release stress. Whether it is playing sports, dancing, jogging or taking walks. It is also a natural way to express anger.

This is what I do, or will begin doing in your memory, to take care of myself.

Music helps release feelings; here are some songs/lyrics that mean a lot to me:

A short story about us:



Unfinished Business

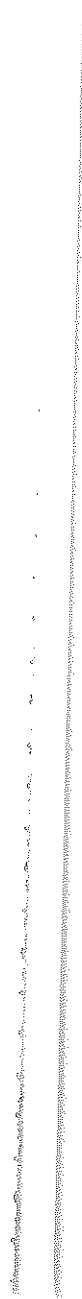
"I have so many things I still want to say to my brother."

LaDonne, 14

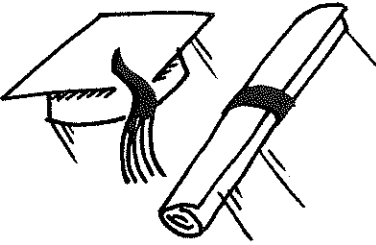
I have some regrets and find myself going over these things that I wish I had and hadn't done:

Things I was never aware of before but am aware of now are:

I now recognize the following strengths in myself.



School Graduations:



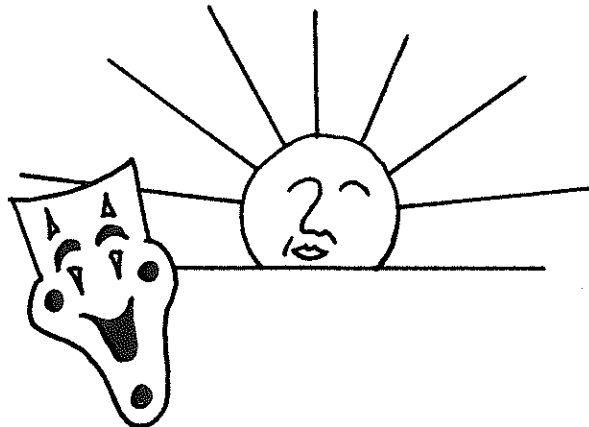
The Future Without You

"These special events won't be the same without your physical presence, but I will do something special to include you."

Aaron, 17

Describe how the event would have been different if you would have been here, too:

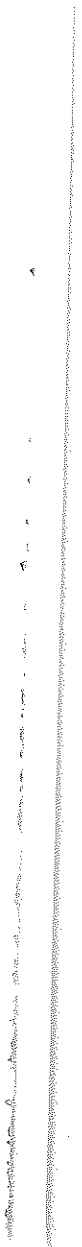
Birthdays:



Here is a diary and dates of some nightmares I have had.

Holidays:

THOUGHTS



Pictures, photographs, etc.

There were some unhappy things between us that we didn't work out while you were alive. In my heart this is how I want to resolve them:



There are questions I would have liked to ask you, and this is how I think you would have answered:

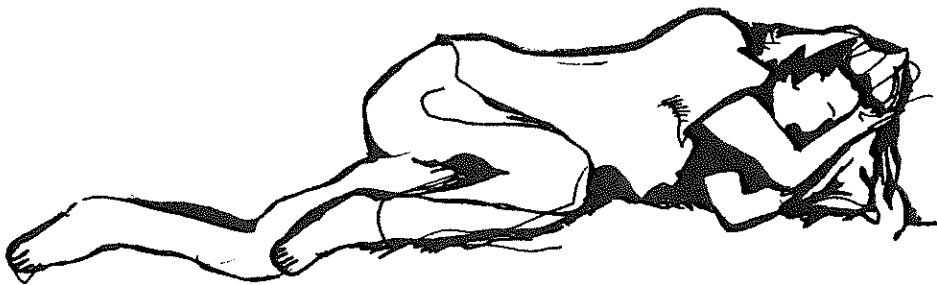


Pictures, photographs, etc.

Dreams

"I love dreaming about my Grandma. When I wake up I feel like we've had a visit and that makes me feel good."
Susan, 14

Here is a diary and dates of dreams I've had about you, some happy, some sad, some I don't understand.



www.dreamstime.com

My thoughts about what happens after death and if I'll see you again:

There are some things I don't know the answers to:

Living

"Having lived through my twin's death has changed my life in many ways, one way being that it has proven that since I have lived through this I am strong enough to handle anything."

Evan, 19

When you died I thought I could not go on. I had to because. . .

The biggest challenges I continue to face:

