

# Saying Goodbye

Memory Book



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This memory book is dedicated to:

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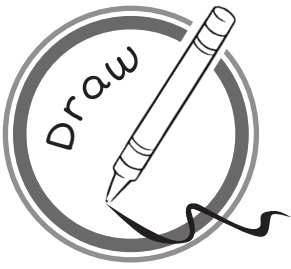
(Your loved one's name)



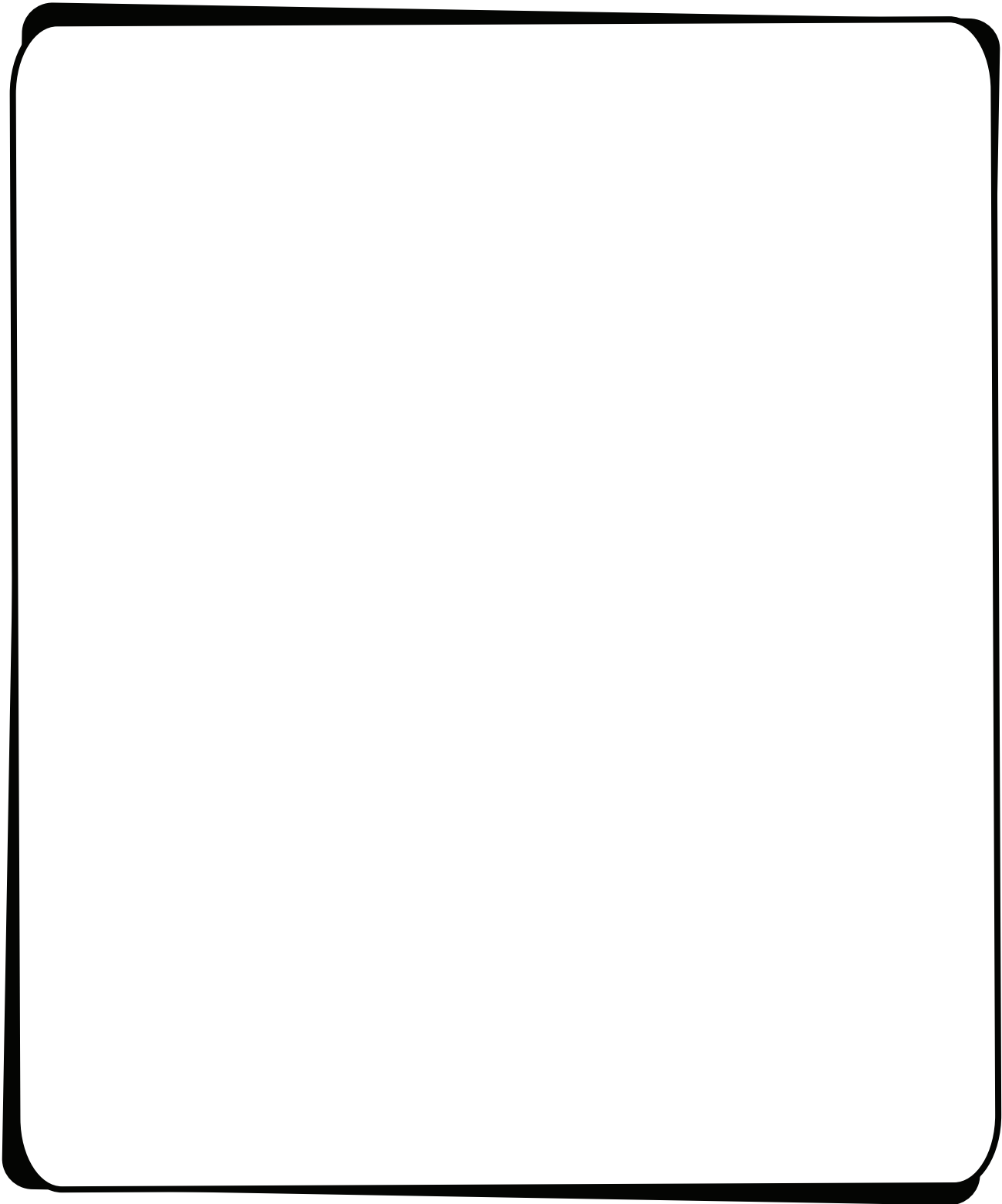
### Remembering My Loved One

When someone you love dies, it's very sad and confusing. You might have a lot of new feelings you don't understand, and a lot of feelings you do understand but wish you didn't have. Even though this is a very difficult time, there are ways to make it a little easier. One of those ways is to remember happy times and talk about them. It's also helpful to talk about the difficult times. This is your special memory book. It's your very own place to keep memories of the person you loved and lost. When people we love pass away, we feel lost too. Having a special place for feelings, memories, and keepsakes is a very helpful way to express these emotions.





Draw a picture of your loved one in the frame below.

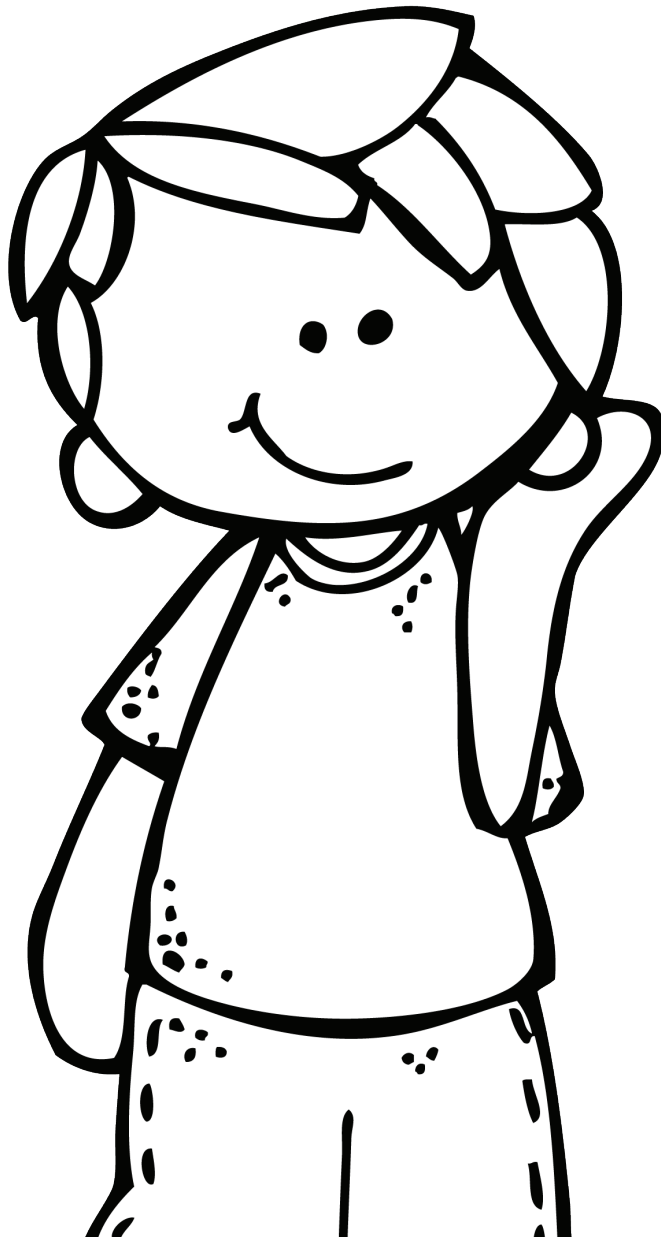


Draw a picture of yourself a few years from now,  
remembering your loved one.



The person I loved passed away.  
Though they are gone, in my memory they will stay.  
When I say their name, my heart feels so gray.  
Still, I will remember their love every day.

My loved one's name was \_\_\_\_\_



## Things I Remember

My relationship to my loved one was \_\_\_\_\_

This person was special to me because \_\_\_\_\_

The thing I miss most about my loved one is \_\_\_\_\_

One thing I'll never forget about my loved one is \_\_\_\_\_

The day I learned my loved one died was \_\_\_\_\_

\_\_\_\_\_ gave me the very sad news.

I was told that \_\_\_\_\_

When I first found out, I felt \_\_\_\_\_

Other feelings I've had are \_\_\_\_\_

When I feel the saddest, I \_\_\_\_\_

In the heart shape below, draw a picture of a special memory you have of your loved one.

