

MY LOVED ONE DIED SERVING OUR COUNTRY

A BOOKLET FOR TEENS



**Written and Illustrated by
HELEN FITZGERALD
And**

(your name)

This book is a way for you to keep the memory of your loved one alive and close to your heart. It is a place for you to remember and to share with your family. My thoughts and prayers are with you as you journey through your grief. My gratitude goes to your loved one who gave his/her life making our country safe.

~ Helen Fitzgerald

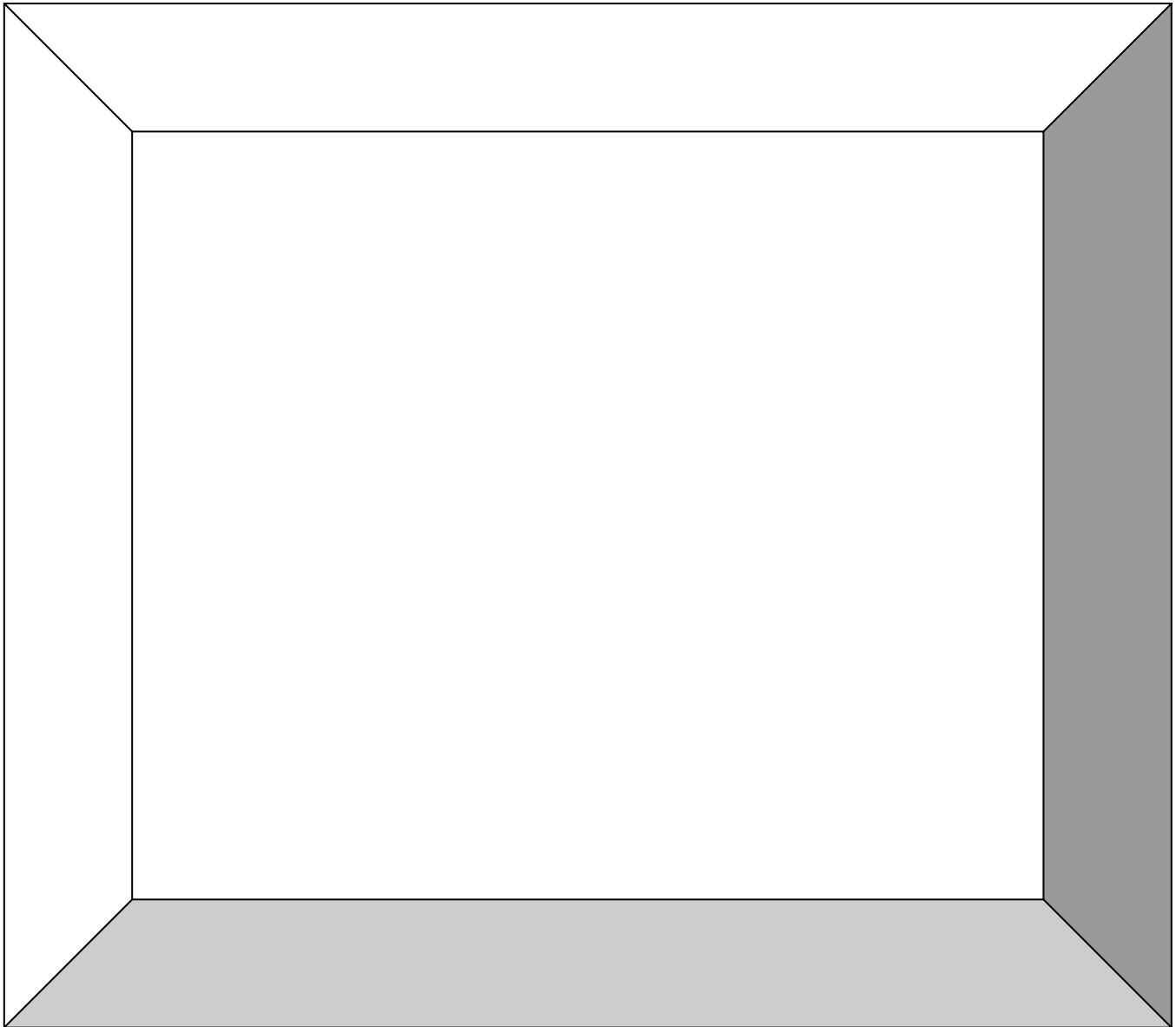
The material in this booklet is for informational purposes only and does not constitute medical opinion or professional counseling. Any concerns about the demeanor or behavior of a grieving child should be discussed with a qualified mental health professional.

REMEMBERING YOU

A Book of Memories for the Teenager
Who Has Had a Loved One Die

By
Helen Fitzgerald, CT

Put a picture of your loved one here.



A Personal Note to You

Two of my children were teenagers when their father died. I have watched them struggle throughout the years. I have often wished there had been a book similar to this one for them. You can use this book in several ways. If you are in a support group, you can use it there or individually with a counselor. Or, you may wish to work on it on your own. If you choose to do it by yourself, I would urge you to share it with an adult as you go along.

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MY STORY

The person who died in my life is _____

and was _____ years old. The date of the death was _____

He/she was my _____

The cause of death was _____

I found out about the death when _____

What I remember about the funeral is

My first feeling was _____ because _____

Now I feel _____ because _____

What makes me most angry is _____

I worry about _____ because _____

The hardest thing about school is _____ because _____

My friends help me by _____

The advice the adults in my life give me is _____

What I miss the most about my loved one is

What I miss the least is _____

What helps me the most is

What helps me the least is _____

Using the boxes below, write the name of your loved (one letter in each box). Then using the letters, write a characteristic that your loved one had. For example "J"-jolly:

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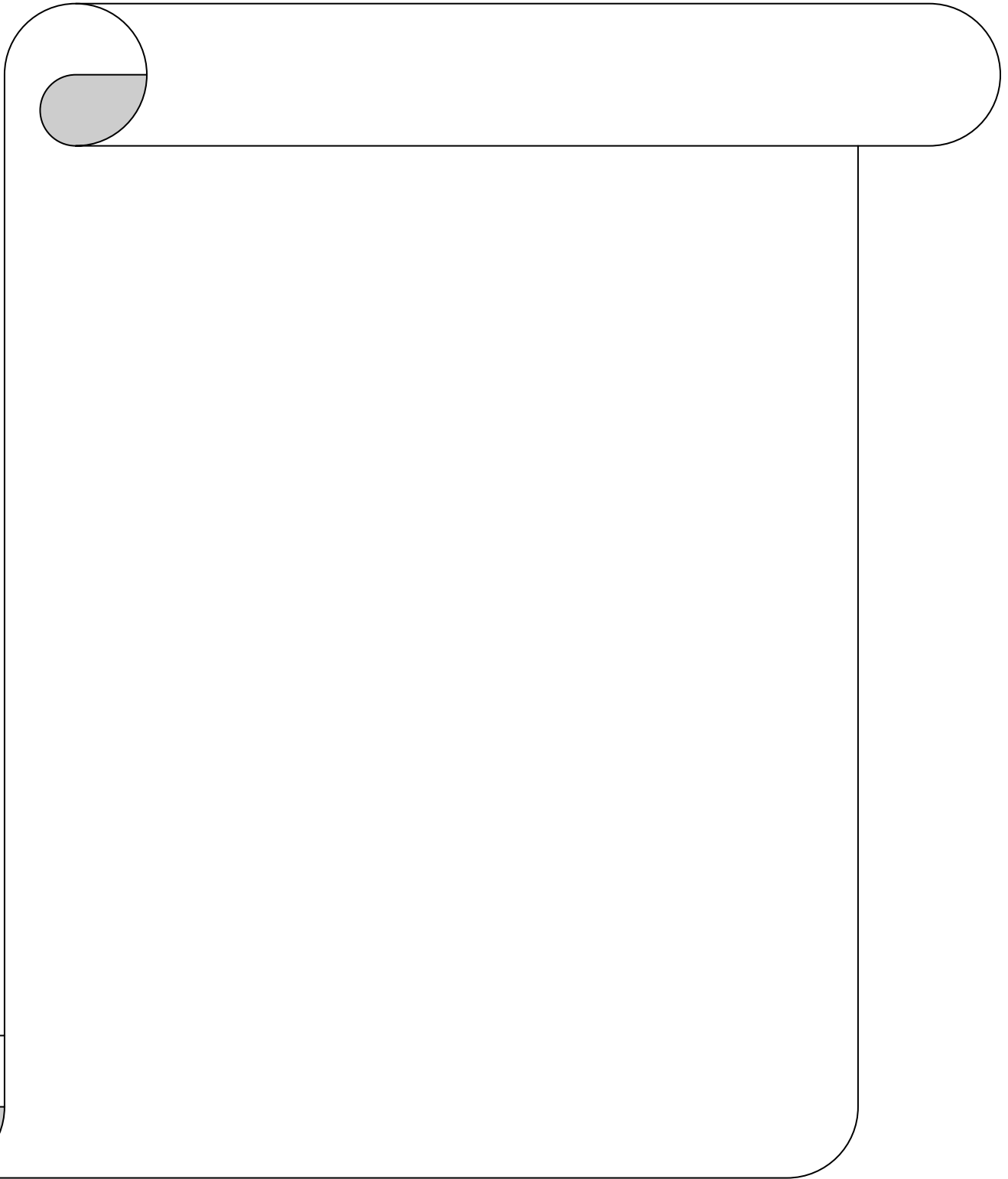
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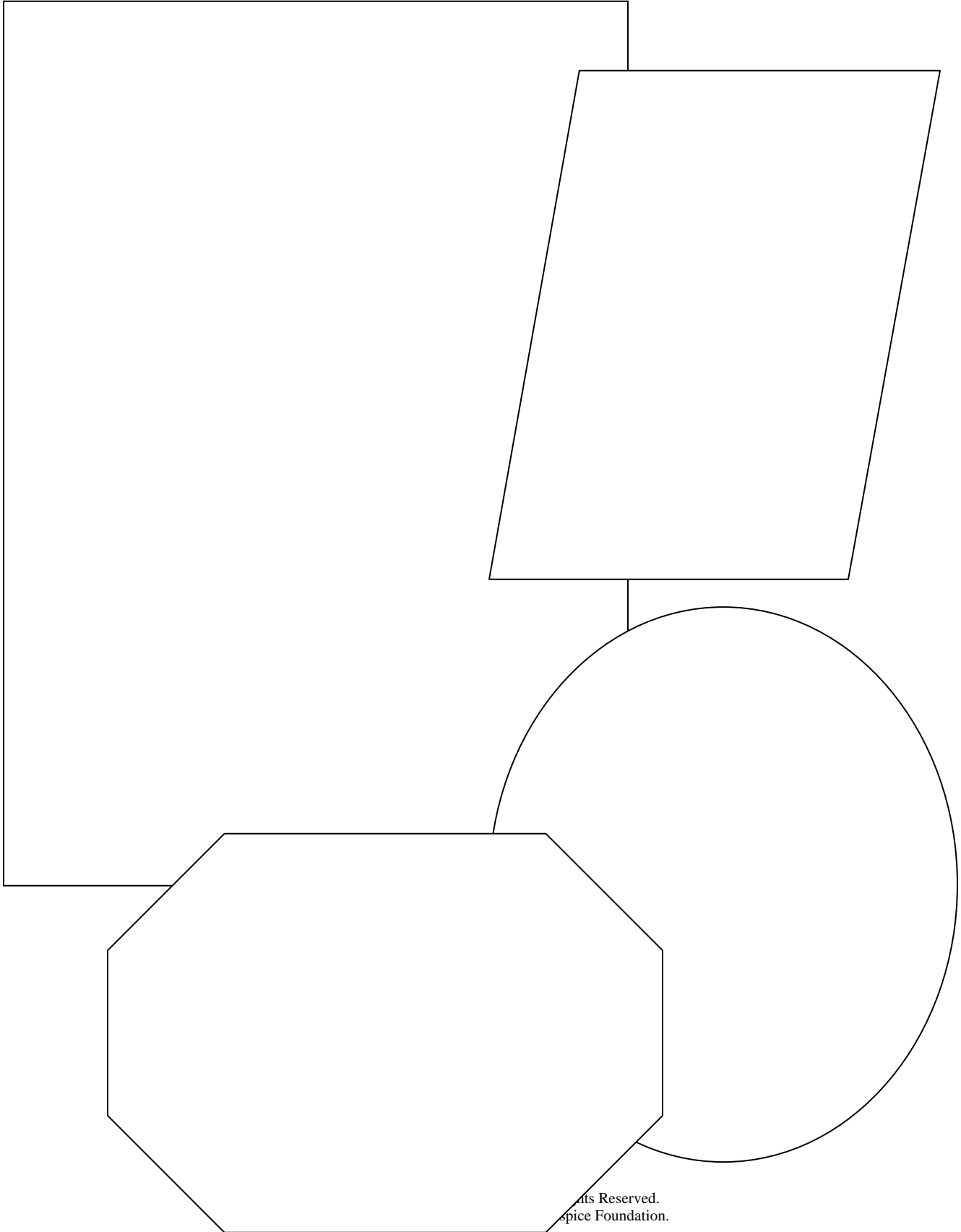
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**THIS PROCLAMATION IS WHAT I WOULD LIKE THE
WORLD TO KNOW ABOUT MY LOVED ONE**



HERE ARE SOME PICTURES OF THE TWO OF US

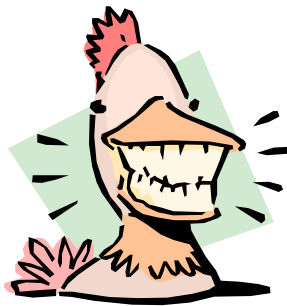


**WRITE A POEM OR SONG
THAT REMINDS YOU OF YOUR LOVED ONE
AND EXPLAIN WHY**

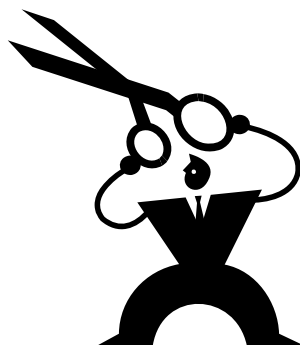


MY FUNNIEST MEMORY OF MY LOVED ONE IS:

A large, empty rectangular box with a black border, intended for the user to write their funniest memory of a loved one.



**CREATE A COLLAGE THAT REMINDS YOU OF YOUR
LOVED ONE. TRY USING PICTURES AND WORDS FROM
MAGAZINES.**



MY FUTURE LOOKS LIKE...

SIX MONTHS FROM NOW:

ONE YEAR FROM NOW:

FIVE YEARS FROM NOW:



JOURNAL NOTES AND DRAWINGS



**THIS IS NOT THE END, IT IS A NEW BEGINNING
OF A NEW CHAPTER IN MY LIFE ...**

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