**Grief Share Recap III**

**Other steps that can help you heal**

You may find yourself thinking “If only I…” or “I should have….” Ask yourself whether it was realistic or possible for you to do those things. Think about the good things you did for your loved one, and accept that you did the best you could.

**Keep memories alive.**

You can:

* Make a scrapbook of photos and other mementos of the life you shared with your loved one.
* Keep some things that belonged to him or her.
* Imagine talking with your loved one from time to time.
* Recall good times you had with him or her.
* Share memories with friends and family.

**Think about continuing a project your loved one started.**

For example, consider completing something your loved one was building, continuing his or her volunteer work, even carrying, on his or her business, if appropriate. This can help put to rest any feelings of things left “unfinished.”

**What do you regret, if anything?**

**What were some things you did for your loved one that were especially helpful or important?**

**Look to your faith.**

You may find comfort in spiritual functions, prayer, meditation or social activities at your place of worship. Seek guidance from a religious leader if your loss is making you question your faith or if you feel you need a break from worship or other faith activities.

**Try to put off major decisions.**

Wait a while before making major changes such as moving remarrying or changing jobs. You need time to adjust before knowing whether these changes will be good for you.

**What are other ways you might want to help others?**

**Write down interests that you would like to explore, like hobbies, skills and friends:**