



I'll Never Forget You

A Memory Book Dedicated to The Person You Lost...



Written and Illustrated by Miss Aimee

Introduction

This book is yours to dedicate to the special person you have lost. When we lose someone we care about, we can experience a wide range of emotions.

Sadness. Sad that we don't have them anymore. Sad that we won't see them again. Grief surrounding all the things we won't ever get to relive with them.

Fear. What will we do without them? What if we forget them?

This book is your special place to work through some of those emotions, and hold your memories of you and your person safe.

You will also find a few coping strategies in the back of the book for when your feelings are getting too big or intense or making you uncomfortable. If the strategies do not help, or your emotions are scaring you, please find a trusted adult to help you.

Index

Name & Relationship	4
Their Favorites...	6
What do you love about them?	8
They made you happy...	10
SURPRISE!	12
Support	14
Holiday	16
Birthday	18
Travel	20
Silly	22
Traditions	24
Things They Said...	26
Plan an Outing...	28
One Mores...	30
Coping Strategies	32

Name & Relationship

What is your person's name? _____

Do you have any nicknames for them? If so, what are they?

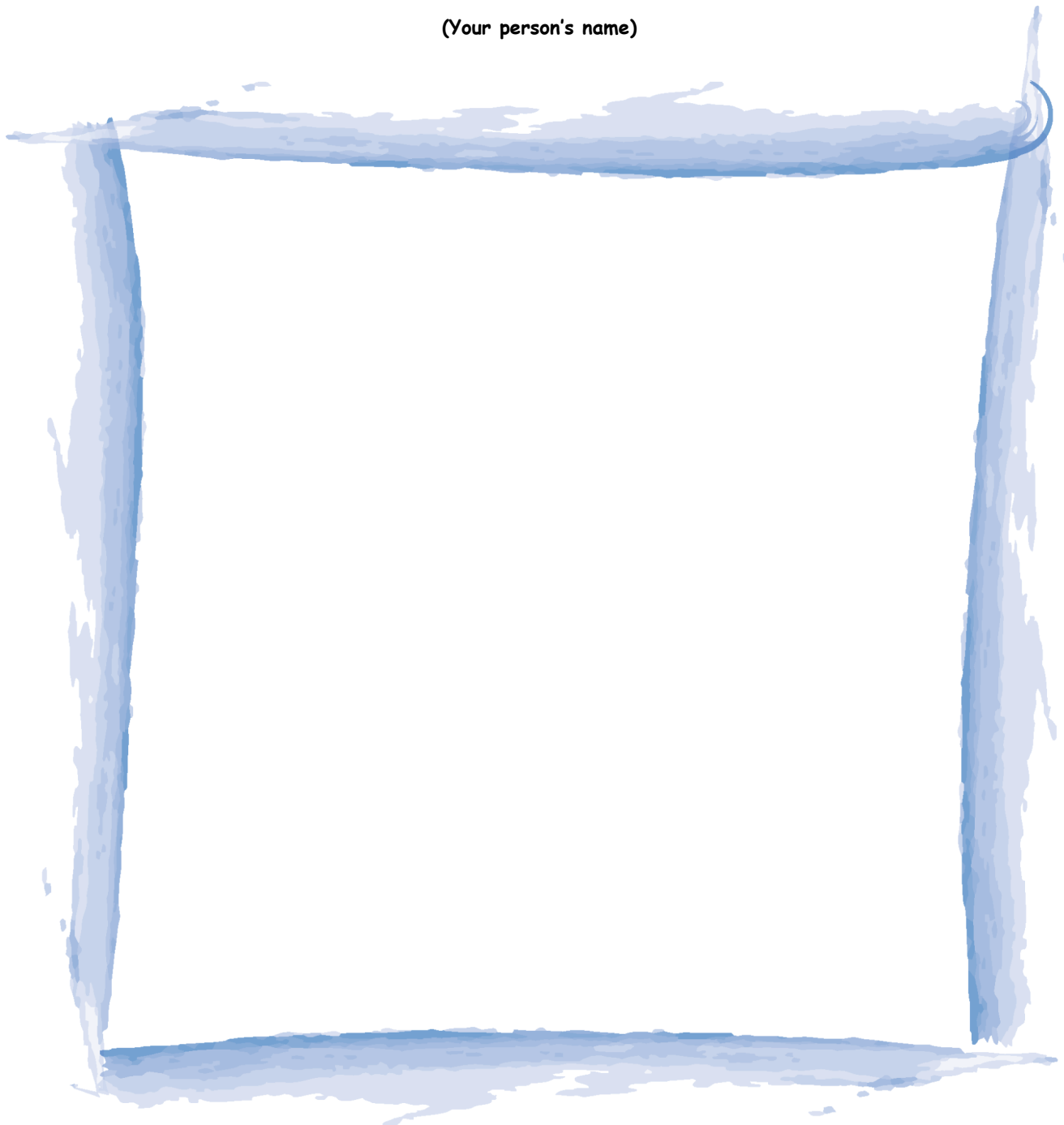
How do you know them? _____

What did they look like? _____

On the next page, draw a picture of your person or add a photo of your person.

I miss you _____

(Your person's name)



Draw a picture, or add a photo, of your person.

Their Favorites...

Think of your person's favorite things. What did they love?

It is okay to not know all the answers! It doesn't mean you love or miss them any less!

Color

Food

Drink

Holiday

Season

Book

Movie

TV Show

Music

Song _____

Activities _____

Sport _____

Team _____

Game _____

Smell/Scent _____

Place _____

Vacation _____

Animal _____

Friend _____

When was their birthday _____

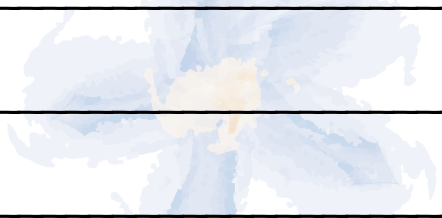
What do you love about them?

Things you love most about your person:

What did you feel when you were with them?

What are some things your person said to you ALL the time?

What things did your person do with you that you loved?



Draw something you love about your person.





What is an item that reminds you of when your person made you happy? Why does it remind you of them? Draw a picture above, or write below.

I'll never forget when you surprised me...

SURPRISE!

Did your person ever surprise you? It can be a gift, something they did, something they said, a trick they played...anything that was a surprise for you.

What did they do that surprised you?

What did you do when they surprised you?

How did you feel when they surprised you?

Do you think they meant to surprise you? What is the story behind the surprise?

Did you ever surprise them? What did you do, and how did they react?

I'll never forget when you gave me...

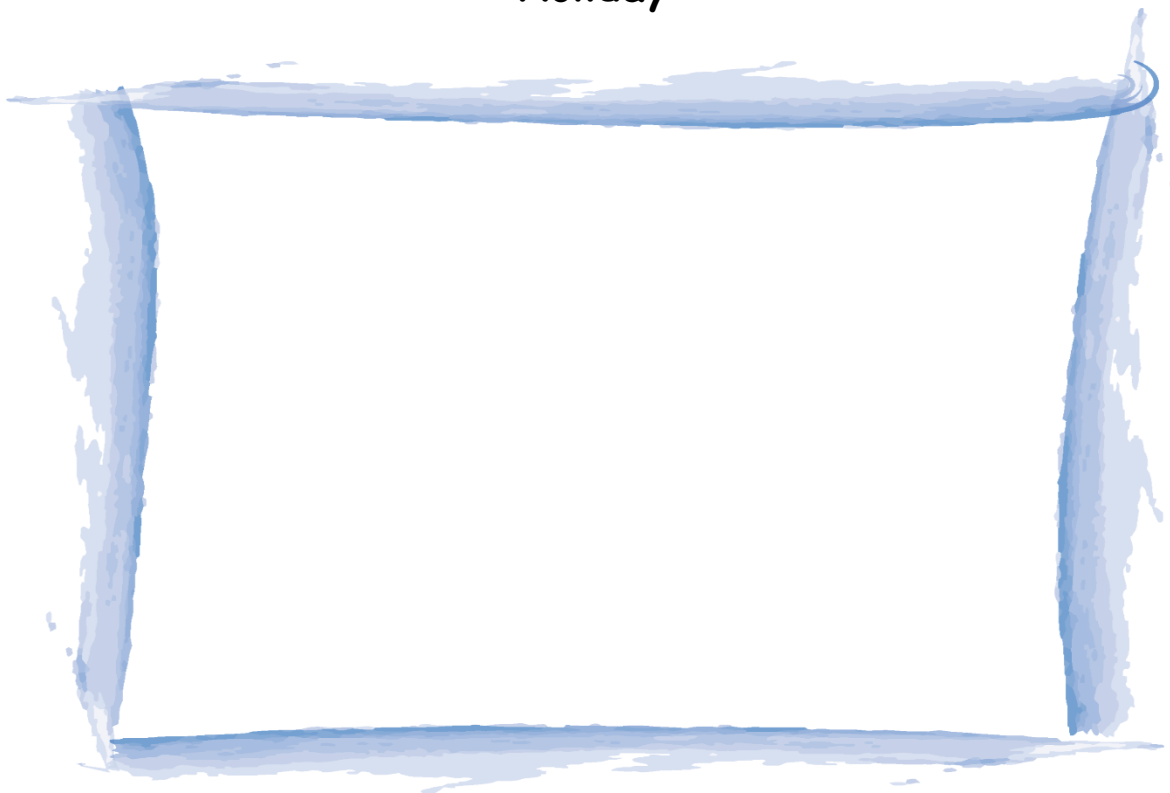
Support

Think of a time when you felt really supported by your person. A time when they made you feel like they understood you and encouraged you. Maybe it was when you were going through a hard time? When you tried something new? When you did something you were proud of?

Share the story...what happened?

I'll never forget you...

Holiday



Do you have a favorite holiday memory with your person? Write about it, or draw it out!

More space to share about your favorite memory...

What makes this memory special to you?

What feelings come up for you when you think of this memory?

Birthday

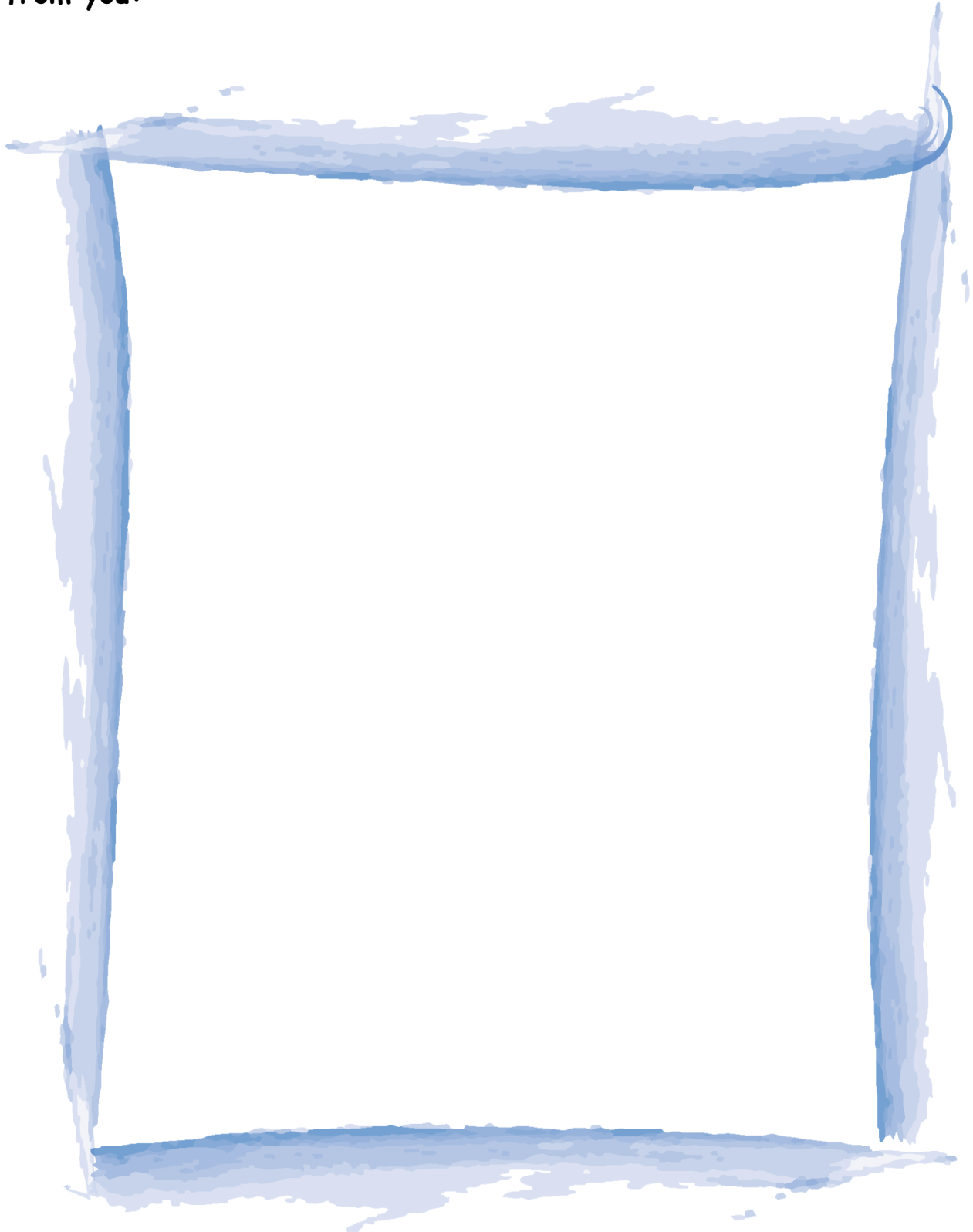
When is your person's birthday?

When is YOUR birthday?

What is your favorite birthday memory with your person? It can be from their birthday or yours!

What makes this memory special to you?

Design a birthday card that your person would have loved to receive from you:



Travel

Traveling can be as big as a cross-country adventure, or as every day as going to the grocery store. There are no rules on how far or extreme your travel memory can be. As long as it is important to you, it is important enough to tell.

Where did you like to go with your person?

What ways did you get to travel with them? Train? Plane? Car? Bus? Boat? Bike?

Who did you usually bring with you when you would travel with your person?

What is your favorite travel or vacation-related memory with your person?

Silly

Was your person silly? A goofball? Even if they weren't the most funny person, was there a time when they did something funny? Think of a time when there was laughter.

What is a silly or goofy memory of your person?

Describe their laugh? What did they look like and sound like when they laughed?

What makes this memory special to you? Why did you choose this memory?

What does it feel like to think about this memory? What other thoughts come up for you as you think about this?

Traditions

What traditions were special to you and your person? Traditions are things you do or stories you tell that are important to you and repeated over time. They can be things you do at a specific time every year, or things you do more often. Some examples of traditions are; Friday night pizza night, lighting the menorah together, back-to-school shopping, baking cookies for Christmas, or serving the same type of cake on your birthday every year, lighting sage when you have had a bad day...

What are some of your favorite traditions you shared with your person?

If you had to name one tradition as your favorite, which one would it be? Why was that one important to you?

Draw a picture, or add a photo, of your favorite tradition with your person.



Things They Said...

What is something your person said to you often?

What was a story they loved to tell you? It can be a book they liked to read to you, or a story about their life they loved to tell you?

What did you like about the stories they told you or the things they said to you?

What is a joke they liked to tell you?

What is something you wish you could tell them now? Maybe a story from your life since they left, or something you never got to tell them that you wish you could have?

Plan an Outing...

Do something and go somewhere that your person loved. For each question, think of what you and your person would pick if they were still here. Plan your perfect day together. If you feel comfortable, have a trusted adult or friend put this plan into action- and do it!

Where will you go?

What will you do there?

What will you eat?

What should you wear? Do you need special clothing?

What music would you listen to? Song or type of music.

What makes this plan something that your person would love?

One Mores...

When we lose someone special, we often wish that we could do one more thing with them. One more thing to share, one more hug, one game of cards, one more time together. This is your place to hold those one mores safe so you never forget.

What is one more thing you wish you could do with them again?

What is one thing you wish you could say to them again?

What is one thing you wish you could have them do for you again?

Do you have a wish you would want to grant for them? What would they wish for? And what would you wish for them?

Coping Strategies

When we are grieving the loss of someone we cared for, missing our person, and afraid of forgetting them, it can sometimes take over. It can make it hard to breathe, make you cry and feel like you can't stop, make it hard to move your body or hard to stop moving your body, make it hard to talk and share your life, or make you feel alone. And it can feel like it will NEVER get better.

Coping strategies are things you can do to try and make missing your person less painful in the moment. They can help you feel more in control of your emotions and decide how and when you want to miss your person.

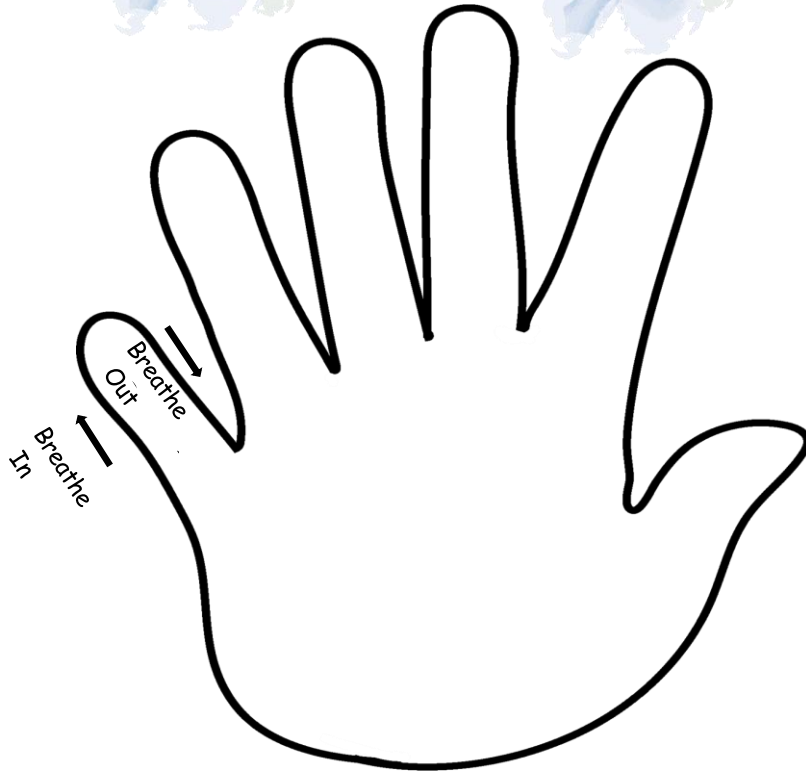
Controlling these feelings does not mean you have to forget your person or never think of them. It actually means the opposite! It means getting to miss them in a way that feels safe and comfortable for you. It means letting memories of them come to you without having to worry that you'll have too big of feelings or be embarrassed.

The rest of this book will be focused on things you can try to soothe yourself when missing your person feels like too much or hurts too badly. If these strategies do not work for you, it is time to find a trusted adult and let them help you. You do not, and should not, have to do this alone!

Coping Strategy Index

Hand Breathing	34
Heart Breathing	35
Belly Breathing	36
Laying on the Ground	37
Heavy Blankets	38
Warmth	39
Muscle Relaxation/Body Scan	40
Smells/Scents	41
Ripping Paper	42
Exercise	43
Self Talk	44
Journaling	45
Art	55

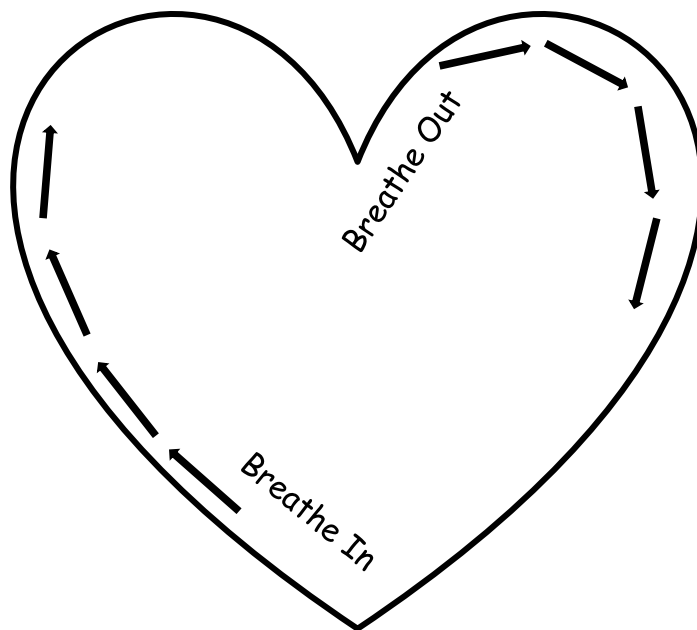
Hand Breathing



Directions:

1. Place your index finger (pointer finger) on the bottom of the heart.
2. Slowly begin to trace the left half of the heart. As you trace the heart, inhale through your nose.
3. When you have traced the left side of the heart, hold your index finger at the top for 3 seconds.
4. Then begin to slowly trace the second half of the heart and slowly exhale through your mouth.
5. Repeat until you feel more calm and peaceful.

Heart Breathing



Directions:

1. Place your index finger (pointer finger) on the bottom of the heart.
2. Slowly begin to trace the left half of the heart. As you trace the heart, inhale through your nose.
3. When you have traced the left side of the heart, hold your index finger at the top for 3 seconds.
4. Then begin to slowly trace the second half of the heart and slowly exhale through your mouth.
5. Repeat until you feel more calm and peaceful.

Belly Breathing

Belly breathing is a practice that you can do sitting up or lying down. I prefer to lie down, but that is not always an option!

1. To start, sit or lie in a comfortable position.
2. Rest your hands on your belly.
3. Take a large and slow breath in through your nose. As you inhale through your nose, your belly should rise.
4. Hold your breath for 3 seconds.
5. Exhale your breath through your mouth slowly. As you exhale, your belly should fall.

It will take a few minutes for this strategy to calm your nervous system and can take even longer if you are super worked up.

Tips & Tricks:

- Try closing your eyes as you do this.
- Count to 5 as you inhale and exhale so that you know you are not going too quickly.
- Be kind to your mind- if you find yourself thinking unkind things about yourself, say nice things to yourself while you are doing this. You are deserving of peace!

Laying on the Ground

It can be tempting to crawl into our soft beds or onto a soft couch when we are feeling down, but laying on your back on the floor is actually a great idea, too!

Laying on your back on the ground allows your body to fully relax, release tension, and feel supported.

When our feelings get intense, they can impact how our bodies feel. Your feelings can make your body experience:

- Muscle tension
- Tingling in fingers/toes
- Nausea
- Headache
- Racing heart
- Rapid breathing
- Upset stomach

If your body is reacting in any of the above ways due to intense emotions, try laying on the flat ground for a while. You can close your eyes if it feels safe.

Give this strategy 10-15 minutes to start to work. If, after 15 minutes, your body is still having the listed feelings above, find a trusted adult for help.

Heavy Blankets

For this strategy, you do not need to own a weighted blanket. You can gather a few heavy blankets from around the house if you do not own a weighted blanket.

Heavy or weighted blankets are another strategy to soothe your nervous system when your feelings are intense. Research shows that weighted blankets work by sending messages to your parasympathetic nervous system, which helps to slow your heart rate. Lower heart rate helps you feel more physically at ease.

When our feelings get intense, they can impact how our bodies feel. Your feelings can make your body experience:

- Muscle tension
- Tingling in fingers/toes
- Nausea
- Headache
- Racing heart
- Rapid breathing
- Upset stomach

If your body is reacting in any of the above ways due to intense emotions, try using a heavy or weighted blanket to start up your parasympathetic nervous system.

Like the previous strategy, give this strategy 10-15 minutes to start to work. If after 15 minutes your body is still having the listed feelings above, find a trusted adult for help.

Warmth

Heat helps to relieve tension and stress in muscles, but did you know it can also help with our emotions?

Ways to incorporate heat into your emotional wellness routine, or to use when your emotions are getting intense:

- Take a warm bath or shower
- Lay out in the sun (when available)
- Put a blanket in the dryer for 15-20 minutes, and then wrap yourself in it
- Drink a hot beverage (tea, milk, hot coco, water with lemon)
- Apply a heat pack to your neck/shoulder region
- Eat warm food that tastes good to you

Muscle Relaxation/Body Scan

Muscle relaxation and body scans are mindfulness strategies meant to slow your heart rate, reconnect your mind to your body, and overall soothe you.

Directions for a body scan:

- Lay flat on the ground and close your eyes.
- Take a deep breath in through your nose, and exhale through your mouth. Continue to breathe in this way as you move through the next steps.
- Focus on your toes.
- Very slowly, move your focus to your foot.
- Continue to move your focus up your body, very slowly.
- Your last point of focus will be the top of your head.
- This process should take 5-10 minutes.

Smells/Scents

Smells can be very powerful in bringing out our feelings, or bring up memories. They can even be used to soothe you when feeling overwhelmed with grief.

Pick a smell that is calming to you and that you have access to.

Scents that others have found calming:

- Lavender
- Bergamot
- Lemon
- Chamomile
- Jasmine
- Rose
- Lilac

Scents that cannot be purchased can also be very soothing, such as:

- The smell of a loved one
- Fresh air

Non-traditional scents that may also be calming would be:

- The smell of your favorite meal
- The smell of somewhere you love to go

Ripping Paper

Sometimes, our feelings are overwhelming and make us wish we could destroy something. Ripping paper is a strategy that can alleviate the feeling of being so sad or mad that you feel like you need to destroy something.

Option 1: Write down all the things you are currently feeling.

- Gather paper. Use whatever is available to you, and that will not be missed.
- Write what you are feeling.
- Write all the reasons you are feeling that way.
- Then, rip the paper. Rip it over and over again. Shred the paper with your hands.
- Use as much paper as necessary. There is no right or wrong amount.

Option 2: Destroy the paper!

- Gather paper. Use whatever is available to you, and that will not be missed.
- Then, rip the paper. Rip it over and over again. Shred the paper with your hands.
- Use as much paper as necessary. There is no right or wrong amount.

Exercise

When the feelings get overwhelming, it can be hard to feel like getting your body moving.

BUT moving our bodies actually calms our brains. Exercise releases chemicals in our brains that help to make us feel better.

Start small! Here are some ideas that you can try:

- Take a walk
- Turn on your favorite song and dance in your room
- Go on a bike ride
- Go to the park & play
- Swing
- Throw a ball with someone
- Lift something heavy
- Push-ups or sit-ups
- Jumping jacks

Self Talk

Self-talk is the words and thoughts we say to ourselves. They are the things we think inside our heads about ourselves.

Sometimes, we are super kind and encouraging to ourselves. We think, "man, I am good at this," or "if I keep trying, I know I will figure it out."

Other times, we are not so nice to ourselves. We think sad or mean things about ourselves.

The way we think and talk about ourselves impacts how we feel. If we only say mean things about ourselves, we won't feel very good.

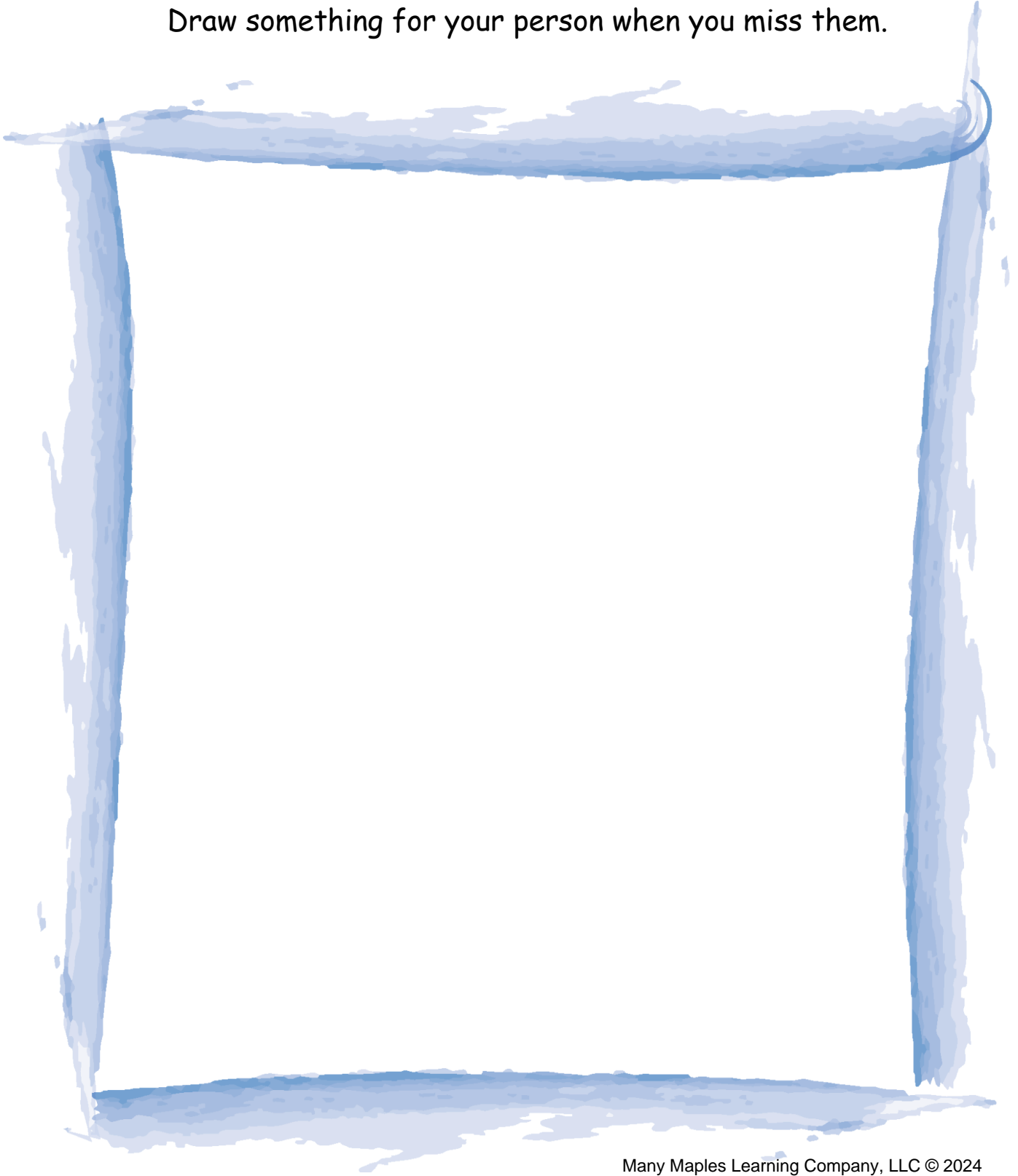
At first, changing the way we think or talk to ourselves can feel silly or fake. But the more we practice it, the better and more real it feels.

When feeling overwhelmed, try repeating one of these phrases over and over to yourself:

- I can make it through this.
- I have people who love me.
- I can do hard things.
- I deserve to be happy and at peace.
- I can miss you and be okay at the same time.

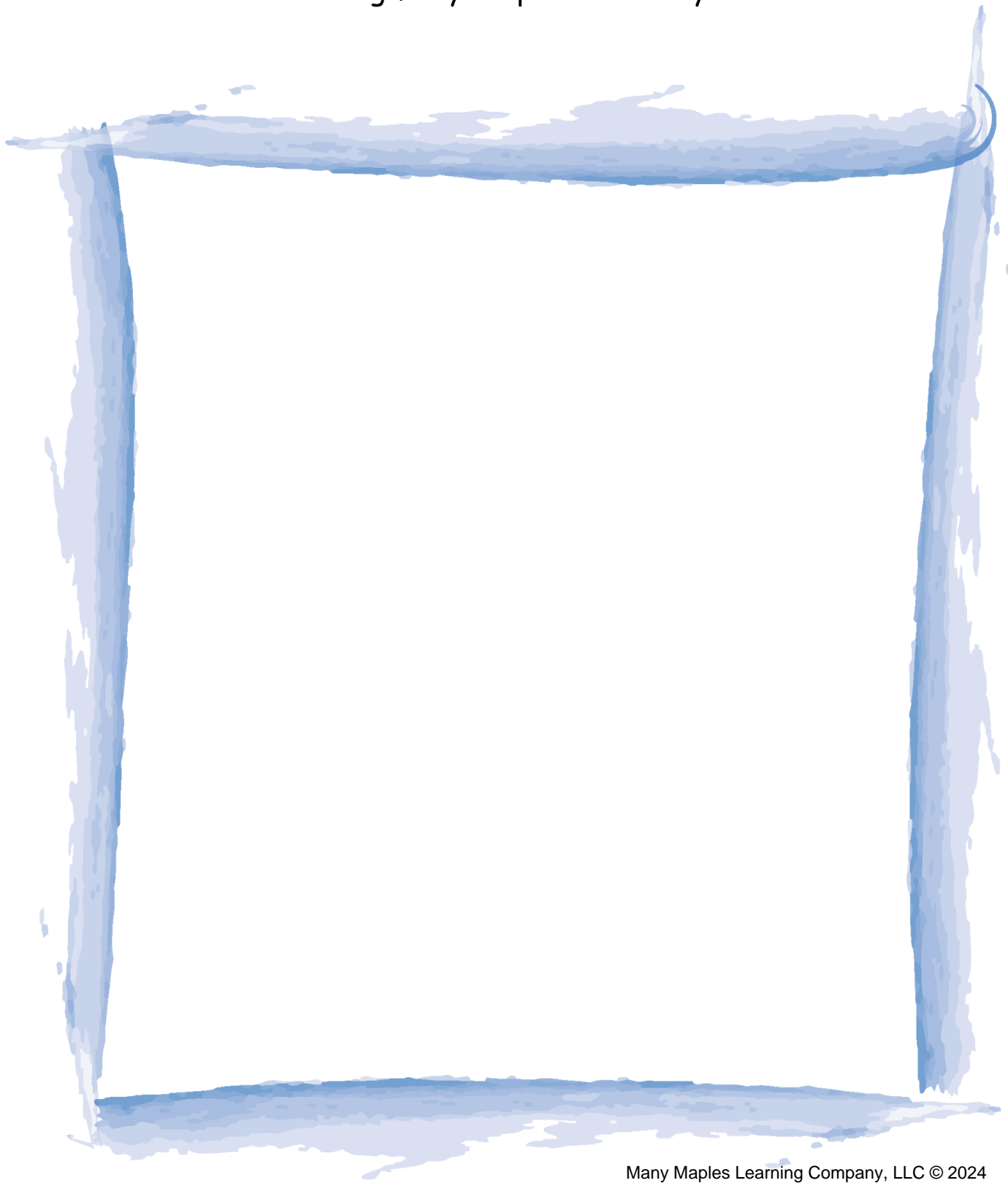
Art

Draw something for your person when you miss them.



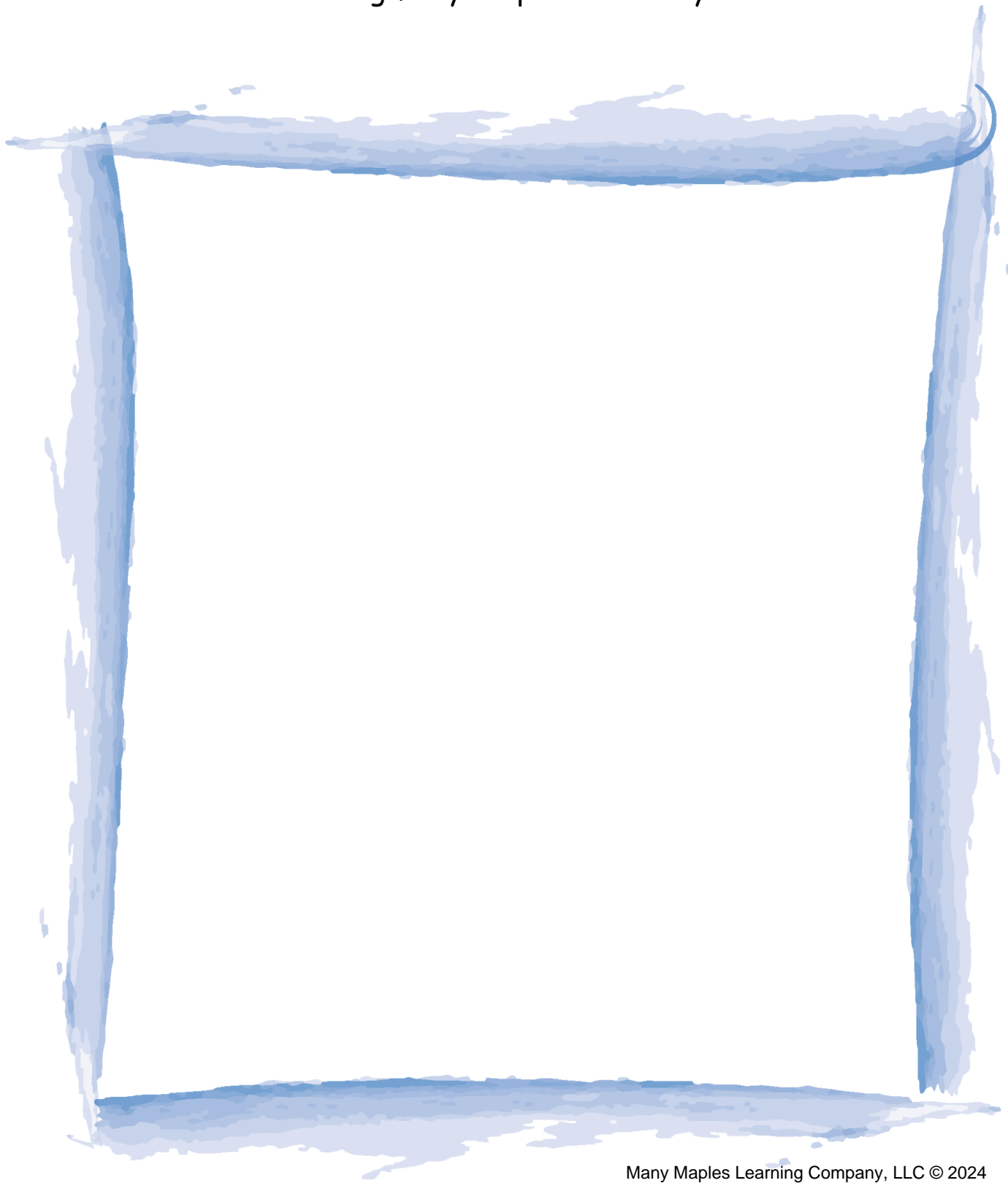
Art

Draw something for your person when you miss them.



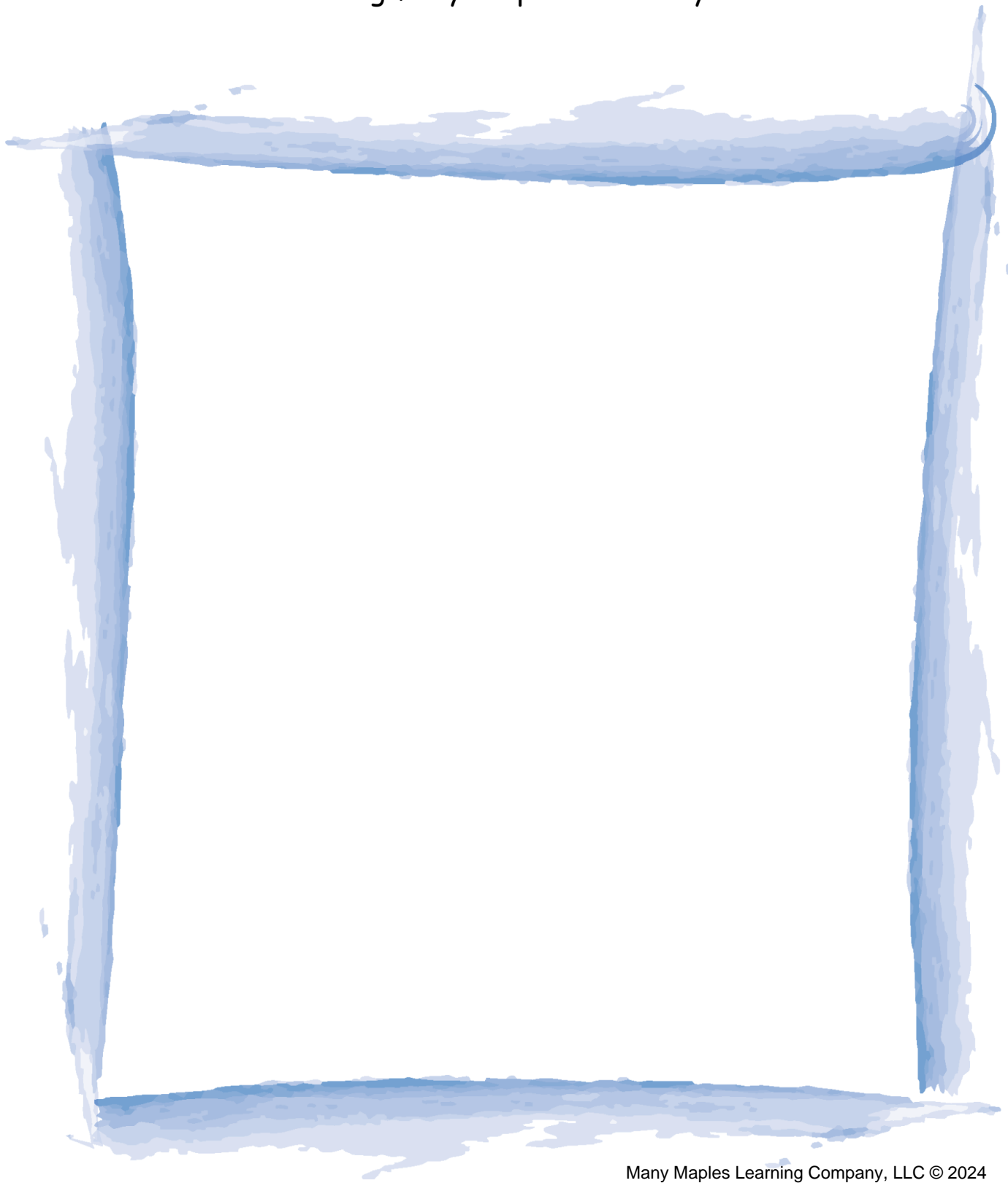
Art

Draw something for your person when you miss them.



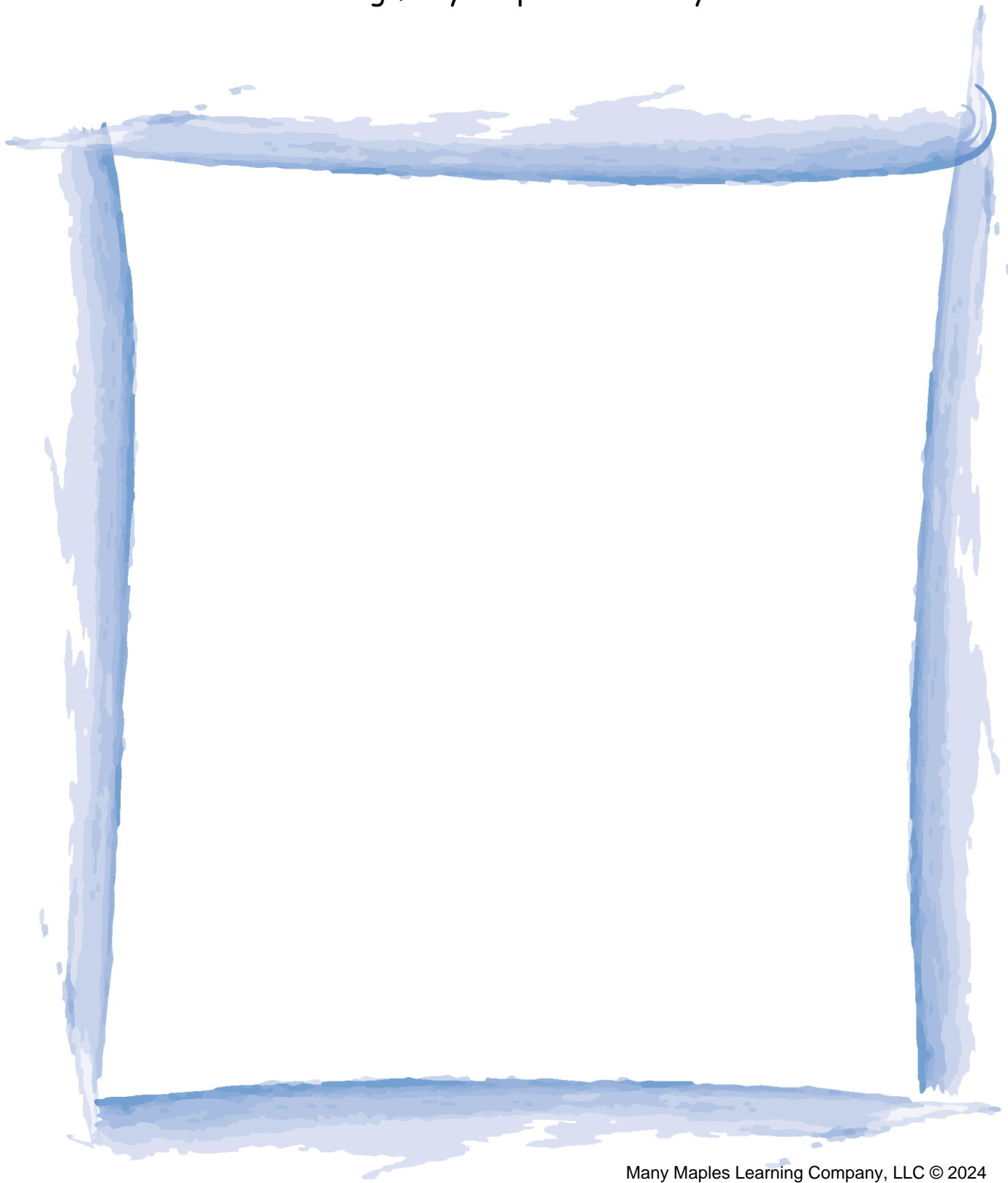
Art

Draw something for your person when you miss them.



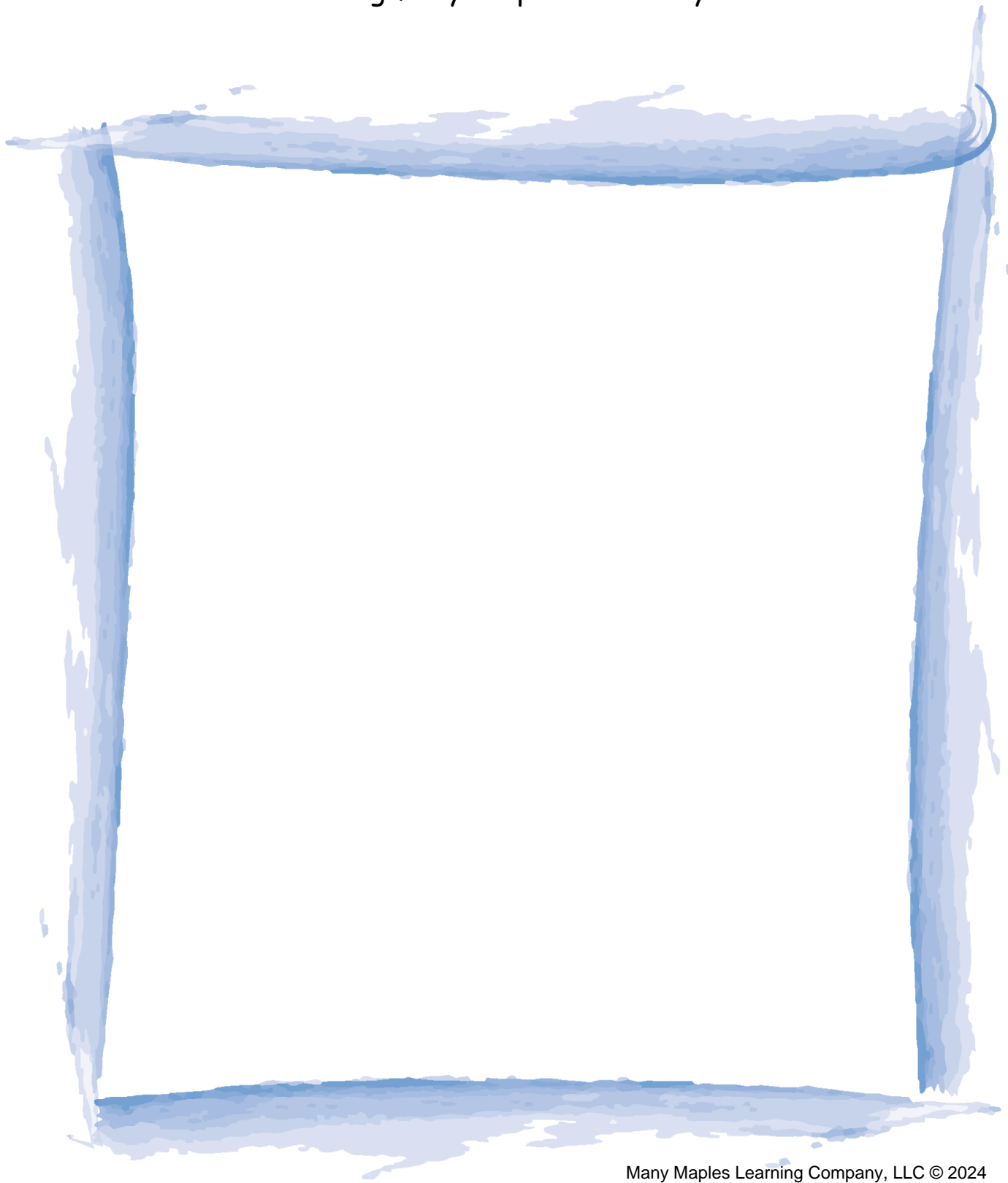
Art

Draw something for your person when you miss them.



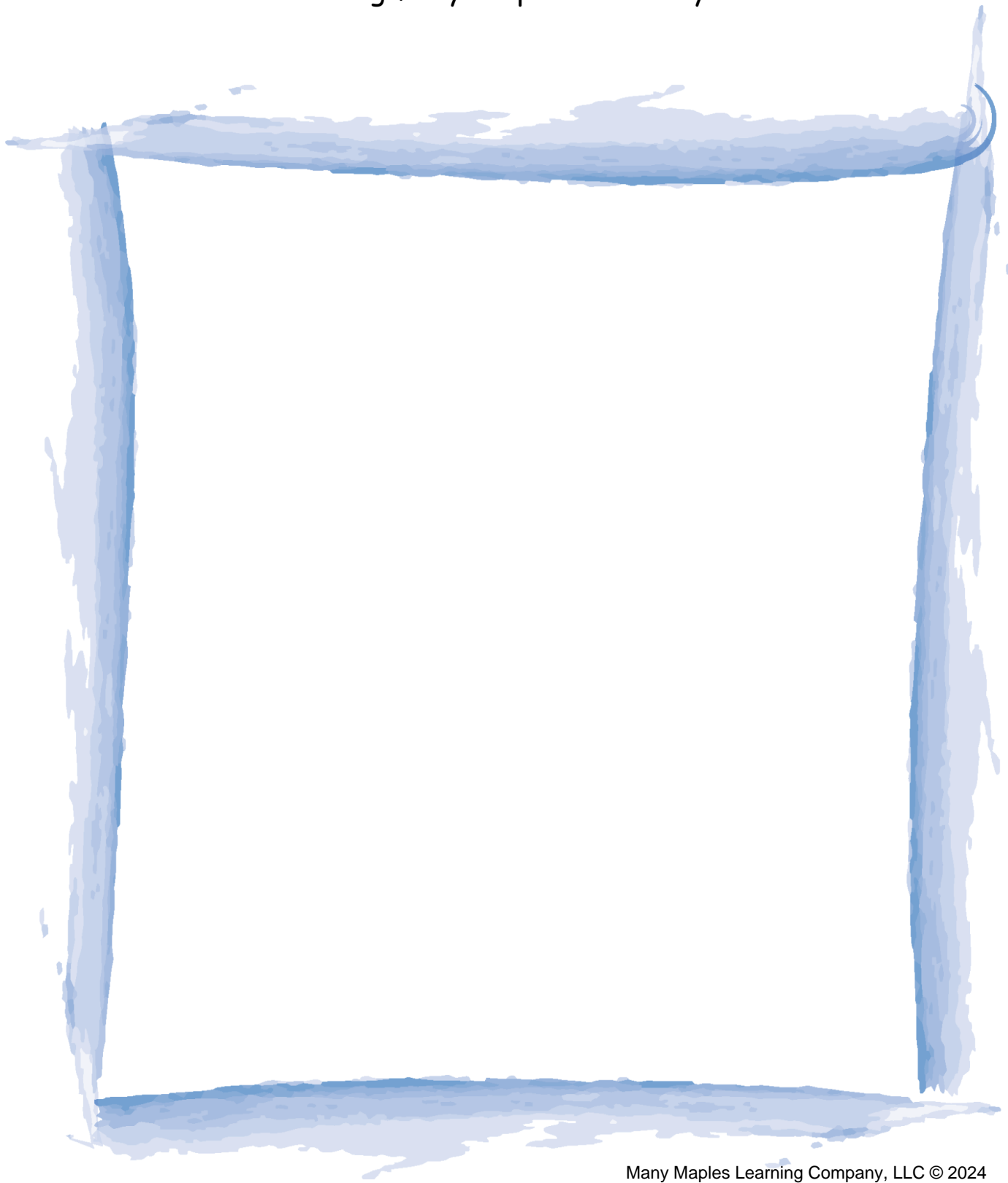
Art

Draw something for your person when you miss them.



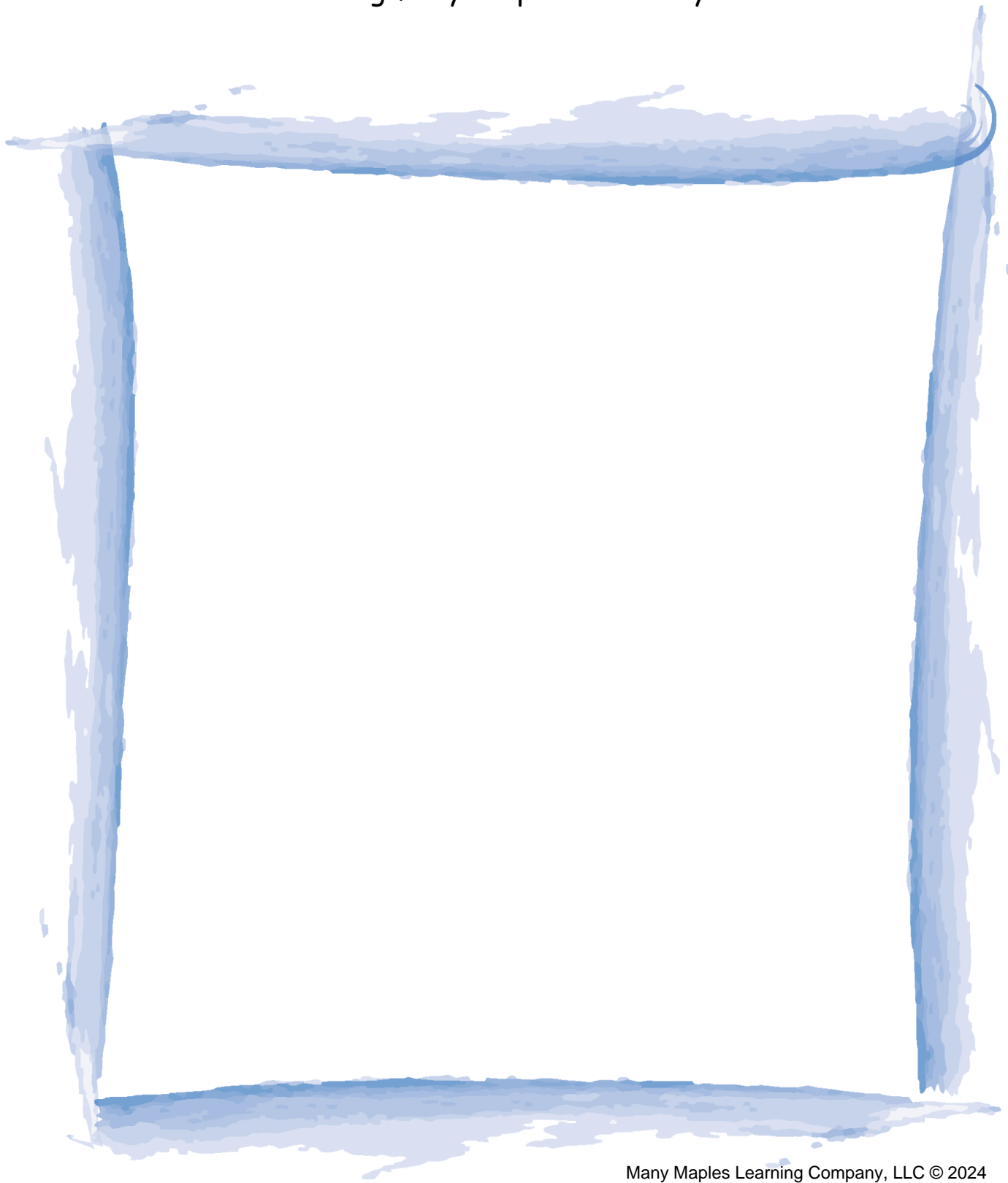
Art

Draw something for your person when you miss them.



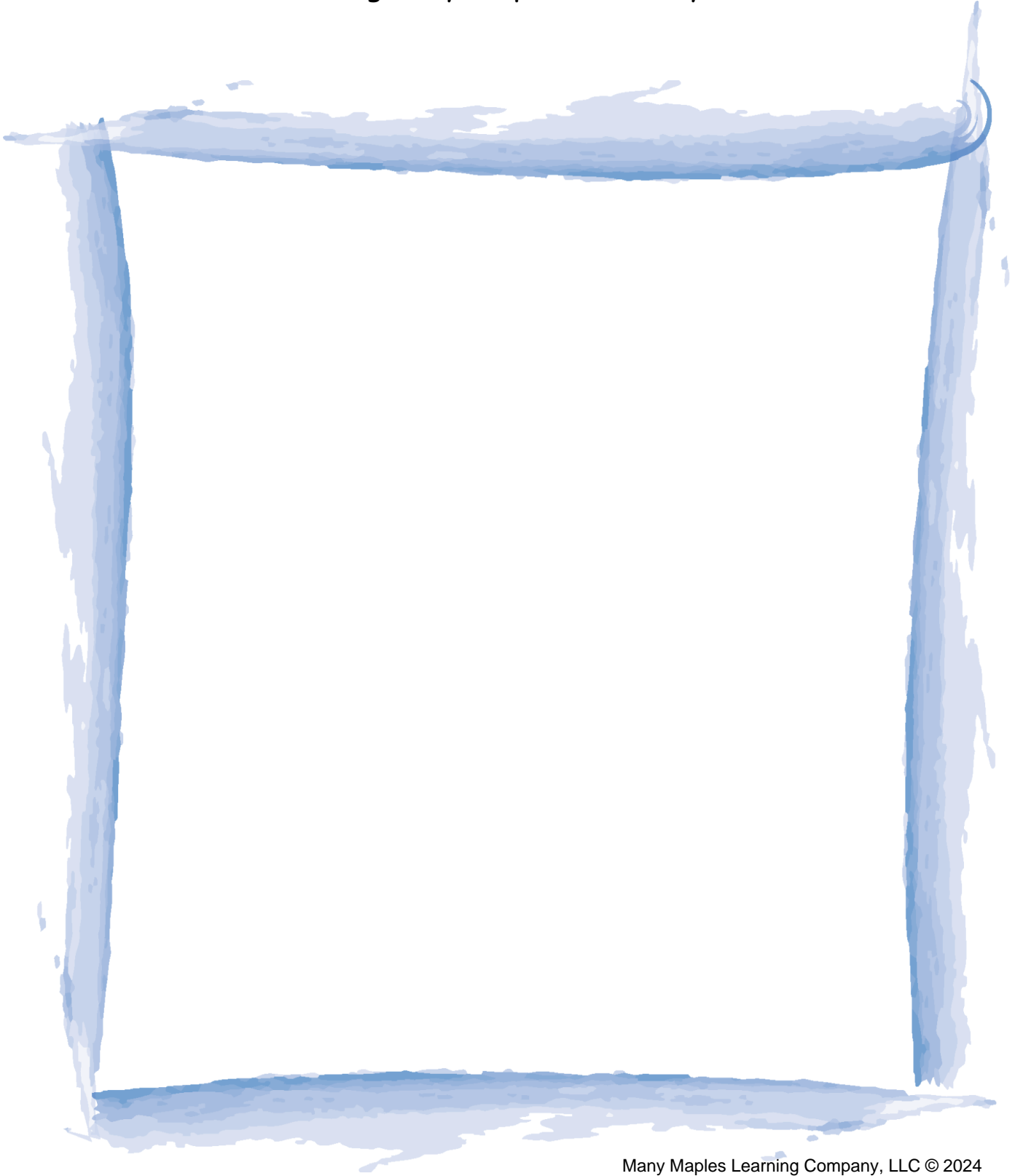
Art

Draw something for your person when you miss them.



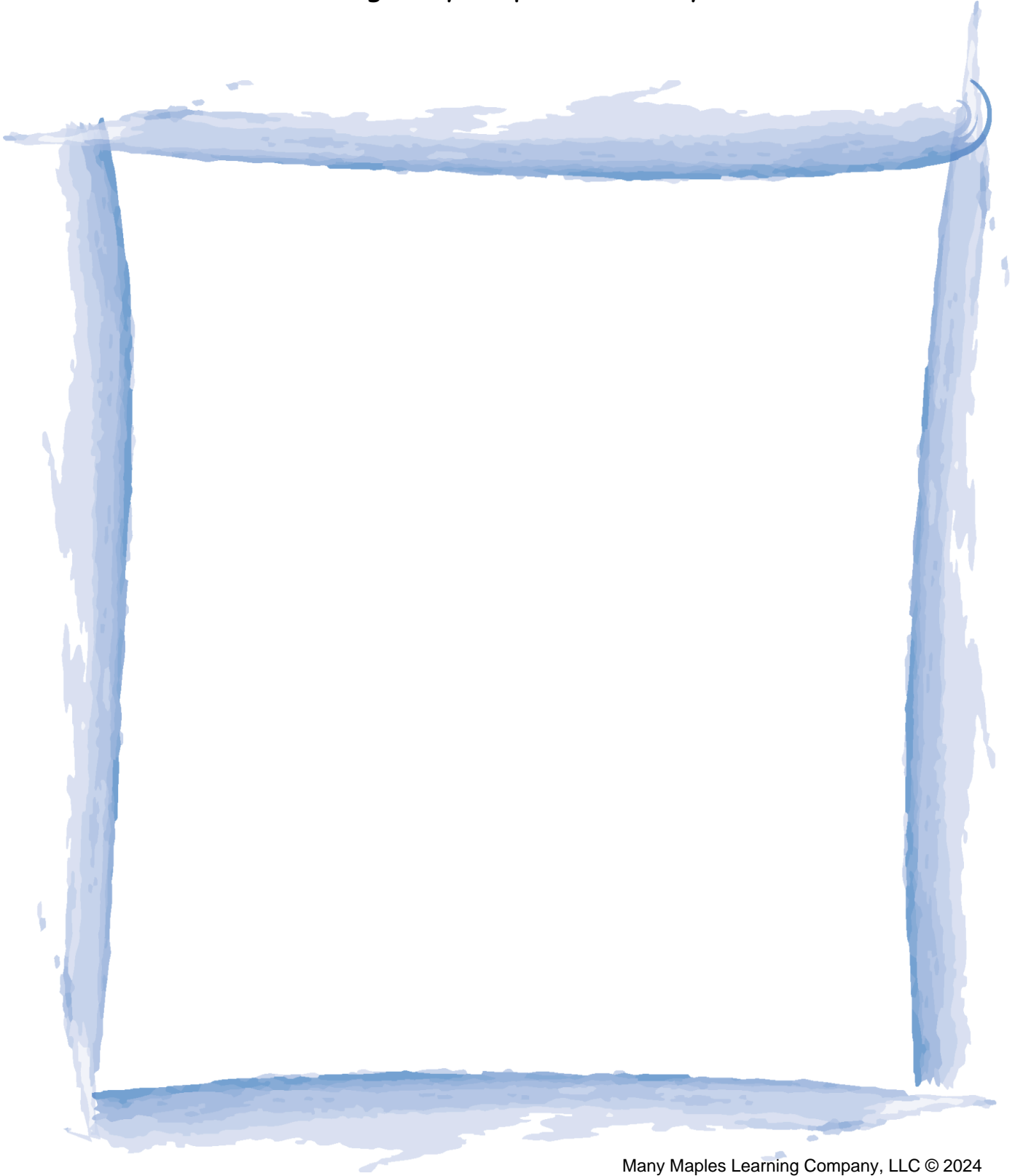
Art

Draw something for your person when you miss them.



Art

Draw something for your person when you miss them.



The End?

You have completed the workbook or have read far enough to see how this workbook ends.

The long and short story here is that grief is never done. There is never going to be a "the end" on how you feel about the loss of someone special to you. Your feelings might change over time. The intensity might change. The memories that were once important to you might change. And your wishes for your person may change. But your person will never not matter to you.

Hopefully, as time goes on, you feel more in control of your grief. You think of your person, and it hurts a little less. It becomes easier to think of the good times and not have it hurt. But as mentioned before, this takes time!

Be kind to yourself as you work through the loss of your person.

Be patient with yourself when it gets tough. It is okay to miss them and be sad.

Ask for help when you need it. You do not need to grieve alone.

I hope this book has provided you with a space to keep your memories and feelings about your person safe.

