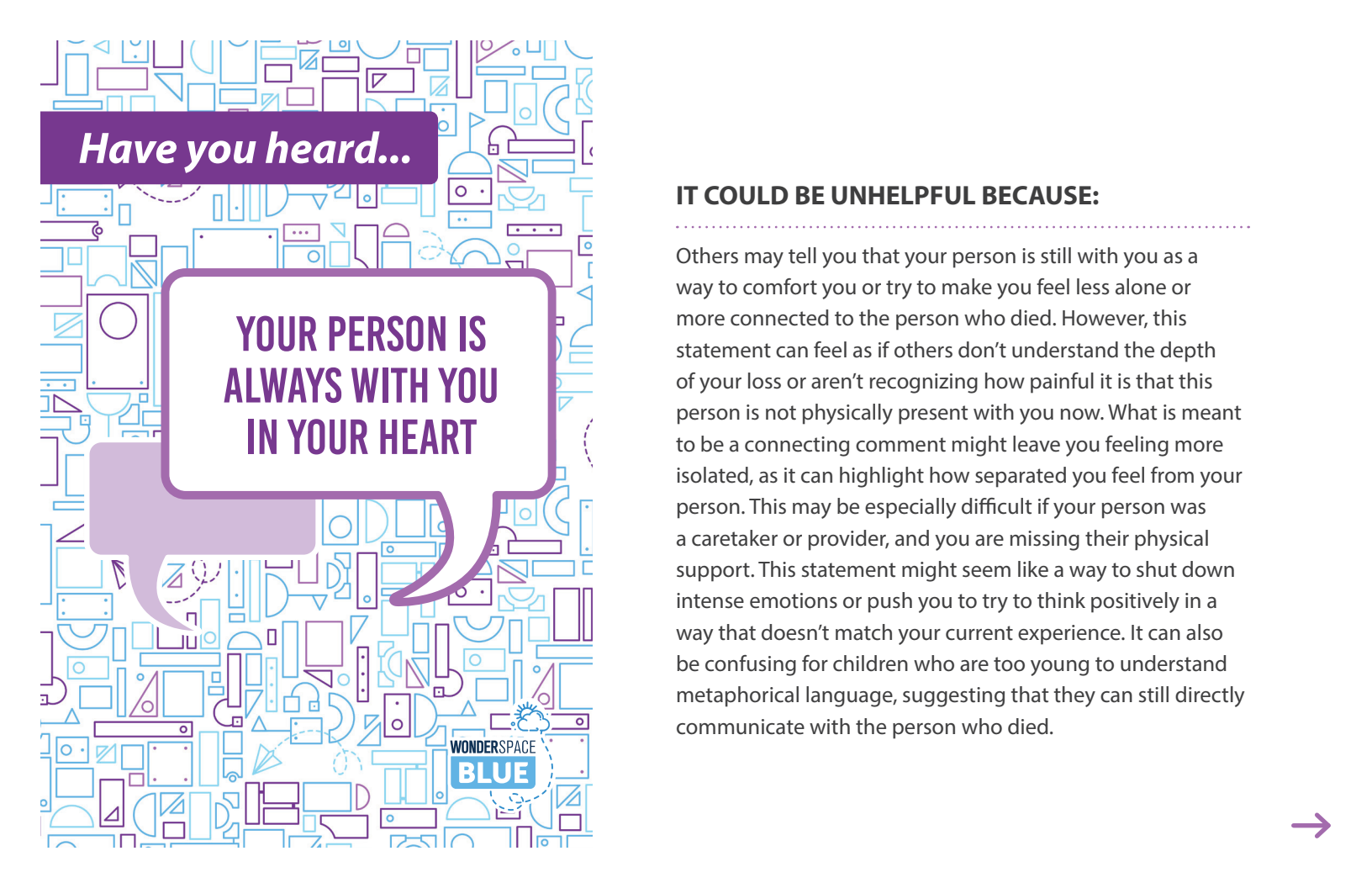




Have you heard...

**YOUR PERSON IS
ALWAYS WITH YOU
IN YOUR HEART**

WONDERSPACE
BLUE

IT COULD BE UNHELPFUL BECAUSE:

Others may tell you that your person is still with you as a way to comfort you or try to make you feel less alone or more connected to the person who died. However, this statement can feel as if others don't understand the depth of your loss or aren't recognizing how painful it is that this person is not physically present with you now. What is meant to be a connecting comment might leave you feeling more isolated, as it can highlight how separated you feel from your person. This may be especially difficult if your person was a caretaker or provider, and you are missing their physical support. This statement might seem like a way to shut down intense emotions or push you to try to think positively in a way that doesn't match your current experience. It can also be confusing for children who are too young to understand metaphorical language, suggesting that they can still directly communicate with the person who died.





One of the most painful things about death is the fact that your person is not present with you, able to have conversations and fill roles that they used to fill. Part of grief involves noticing the empty spaces left by your person and the things they used to do or say that are now missing. It's normal to feel sad, angry, incomplete, and a variety of other emotions when you recognize space where your person used to be, as well as when other people fill those roles, or you fill them yourself. Your person influenced and shaped you. They may have taught you specific skills, been present for you in important moments, or had qualities that you admire or relied on. Even if your relationship with your person was complicated or difficult, they had an impact on the person you became, and you get to decide what to do with how your person's life changed you.

You could say:

- **"It's okay to miss our person and wish they were still here."** Because our person died, they aren't with us in the same way they used to be. We can't have conversations with them where they talk back to us, and they can't do the things they used to do. Sometimes that makes me feel sad, angry, etc. How do you feel when you notice that our person is gone? What do you wish they were here to see or do?
- **"Our person changed who we are by being in our lives."** Every time you talk, or play, or do something with or for someone else, you make them and their life a little bit different. You might teach them something, change how they feel, or make something easier for them. What did our person do that was important to you? How did that change who you are, or what you think about yourself or other people?
- **"We can feel connected to our person in different ways because of who they were."** After a person dies, you might feel more connected to them by doing things they liked to do or that remind you of them, by going to places that were special to both of you, or by telling stories about them. What reminds you of our person? What do you like to do when you miss them? Is there anything we could do together to feel closer to our person?