

Honor

CONNECTING AND
RELEASING MEMORIES

How to use this paper and ideas to consider

This paper will dissolve when placed in water. You can use it any way that feels helpful to you. Here are a few ideas for ways you can use this paper.

- **Write a letter to your person:** Think about what you wish you could have said to your person, or what you want to say now. Tell your person what you miss about being with them, or what has happened since they died. You can also draw a picture. As you let the paper dissolve, or decide to keep it for now, think about the impact your person still has on you.
- **Write or draw a letter to God:** Tell God what you are thinking or feeling, about what happened to your person or what has happened for you since your person died. As you let the paper dissolve, or decide to keep it for now, remember that God hears and knows what you say to Him.
- **Write or draw things you want to let go of:** Write about parts of the story that are hard to remember, things you wish you would have said or done, or things you wish didn't happen. As you let the paper dissolve, or decide to keep it for now, think about what your person might say to you about those things, and if there is anything you want to do now that will help you keep moving forward.
- **Write or draw about feelings or thoughts that take up a lot of space or are hard to get out of your mind:** Give some space to what your grief feels like, looks like, or sounds like in your head. As you let the paper dissolve, or decide to keep it for now, make space for those feelings, remember that it's okay to have them and that they will get less intense over time.

When you finish with the paper, you get to decide whether you want to dissolve it now, leave it for a later time, or leave it whole. It's okay to do whatever feels most comfortable for you right now.

If you want to dissolve your paper, fill a bowl with enough water to cover the paper. The water can be room-temperature or warm (warm water makes it dissolve more quickly). Place the paper in the water and watch it dissolve. You may need to gently stir the water to help the paper dissolve completely.

