

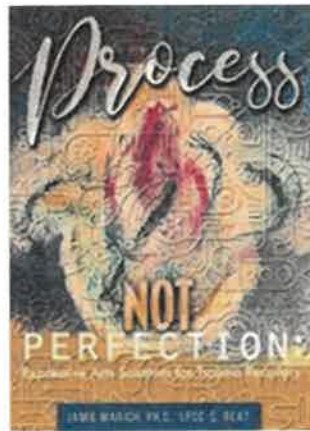
RESOURCES

Here are a few I've used, but inspiration can be found anywhere.

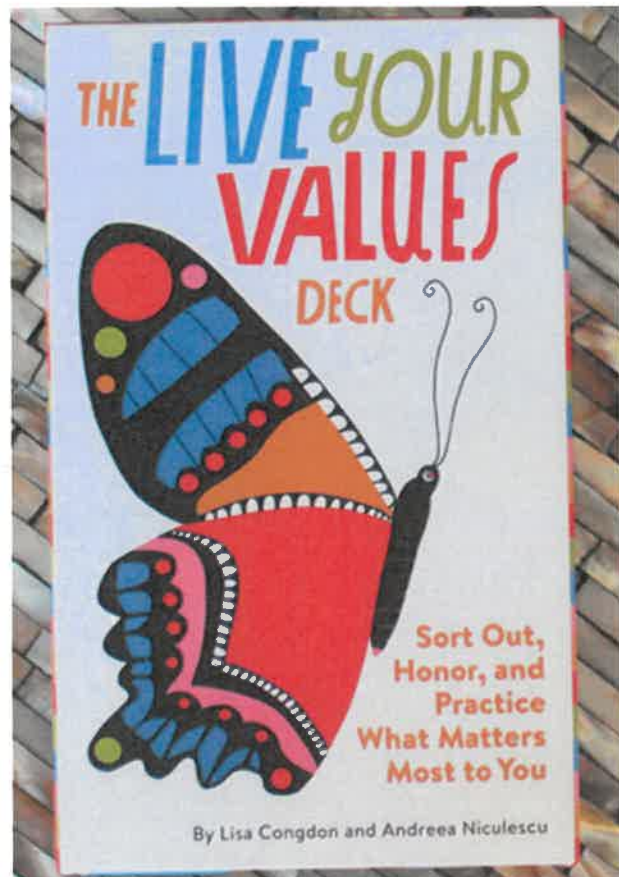
(these are attached documents)

- Mask exercise, younger self letter, visual journey
- Anger wheel to give people other words for emotions they are feeling.
 - The tenets of companioning the bereaved by Dr. Alan Wolfelt
- Modified life inventory list taken from a resource provided by Dr. Leslie Patterson.

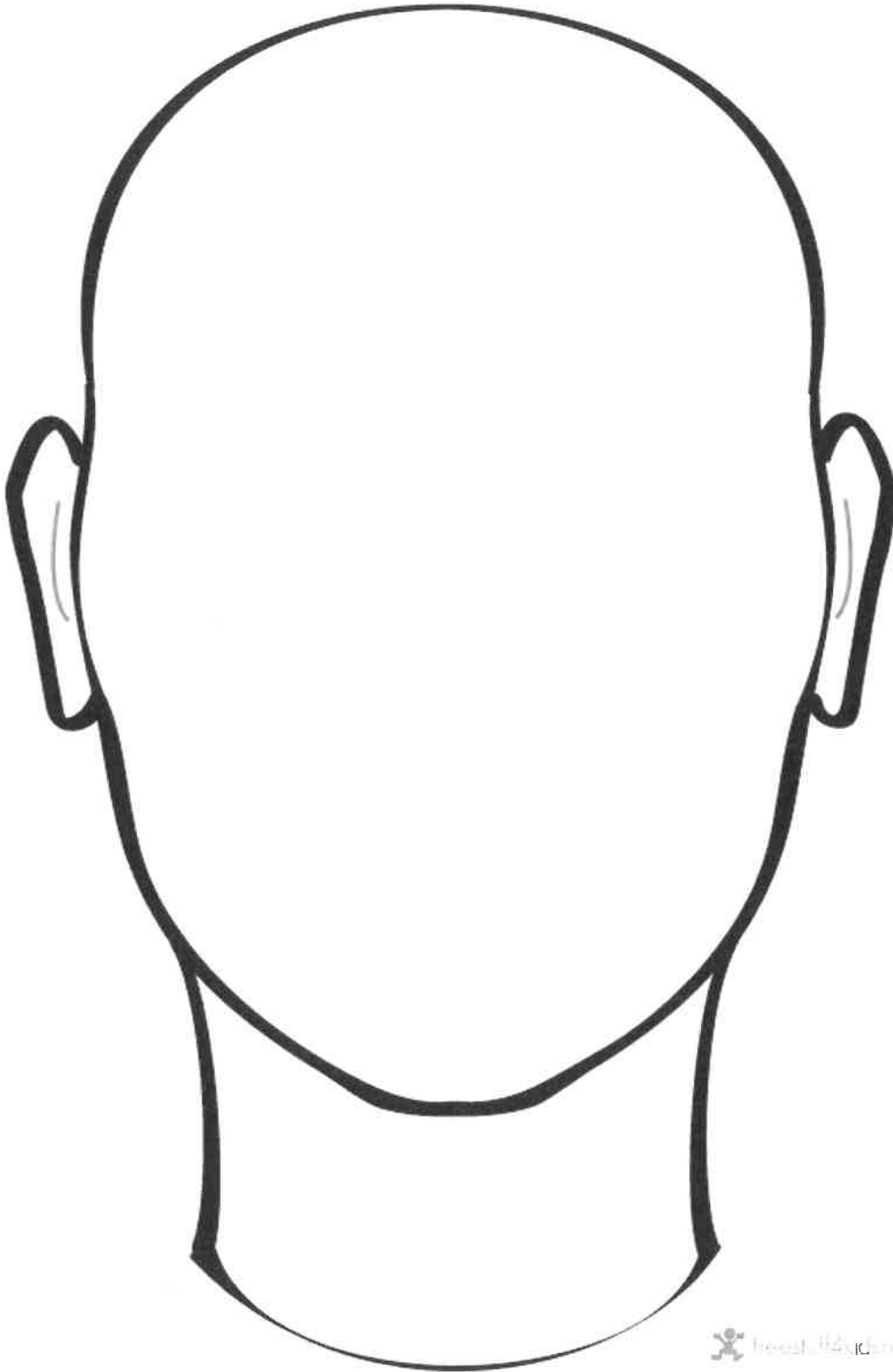
BOOKS



CONVERSATION CARDS



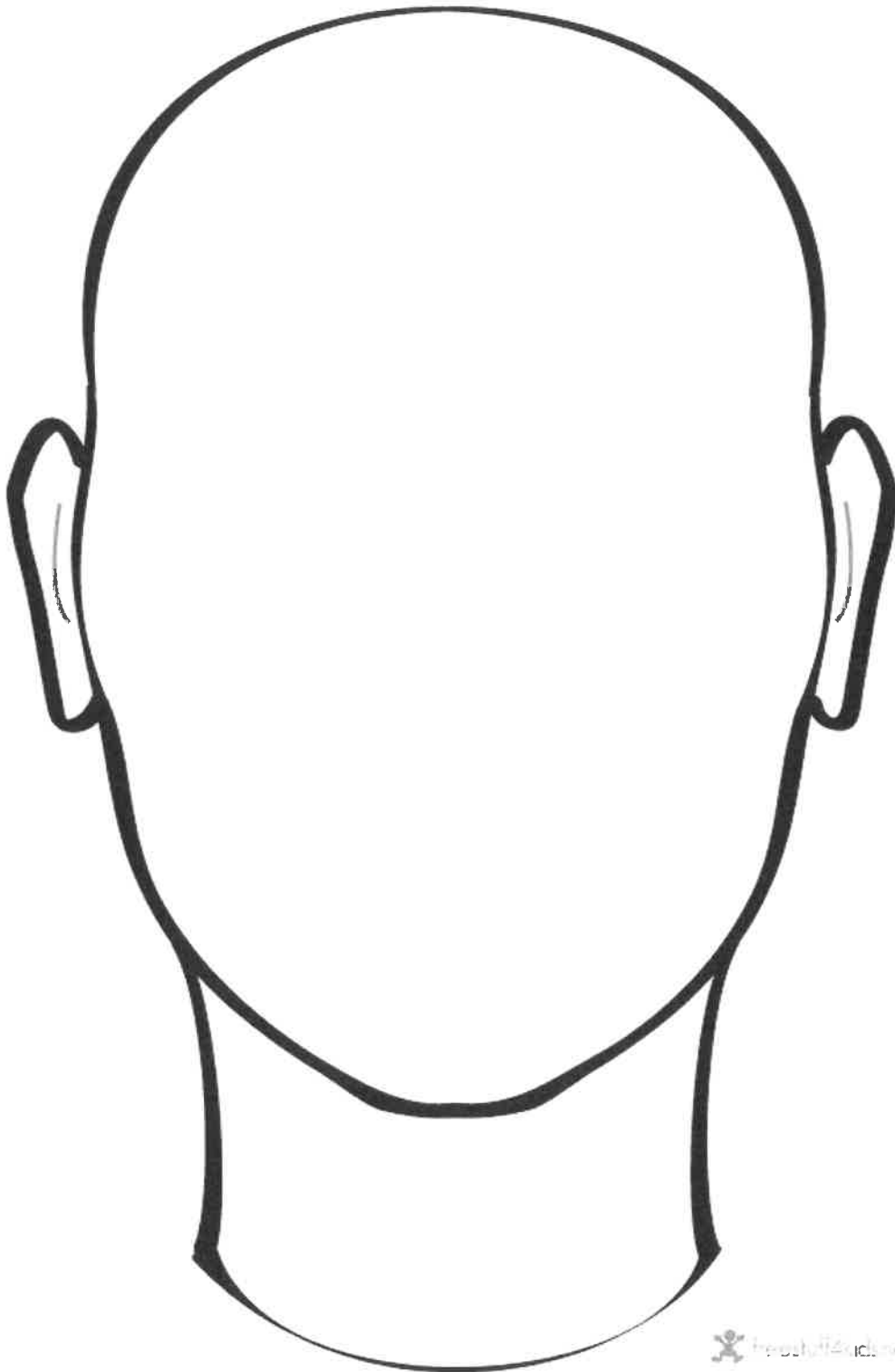
Draw/Write/Create
WHAT PEOPLE SEE WHEN THEY LOOK AT ME



On this outline draw/write/create what you present to the world. Use whatever colors, shapes, words, symbols you want. As you are creating, try and keep track of what feelings and thoughts are coming up for you.

- Are there any memories you have not thought about in a long time?
- What were your reasons for choosing certain colors, symbols or words?
- Were/are there reasons this is the face you have to show to the world? How did that belief develop?
- What do you feel when you look at what you created?

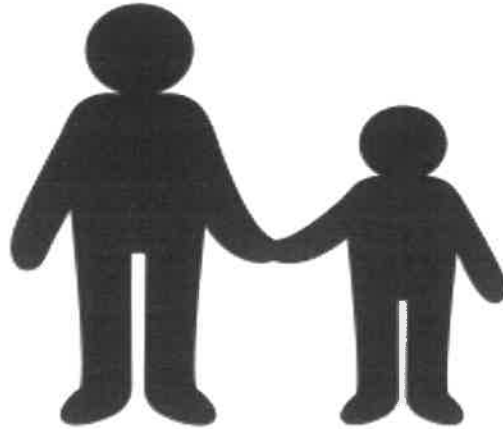
Draw/Write/Create
THE INSIDE ME THAT OTHERS CAN'T SEE



 [teachmeanimals.net](http://www.teachmeanimals.net)

On this outline draw/write/create what people don't see, the parts of you that are hidden. Use whatever colors, shapes, words, symbols you want. As you are creating, try and keep track of what feelings and thoughts are coming up for you.

- What do you think would happen if you shared these parts of you?
- What were your reasons for choosing certain colors, symbols or words?
- Where are how did you learn to keep these parts of you on the inside?
- What do you feel when you look at what you created?

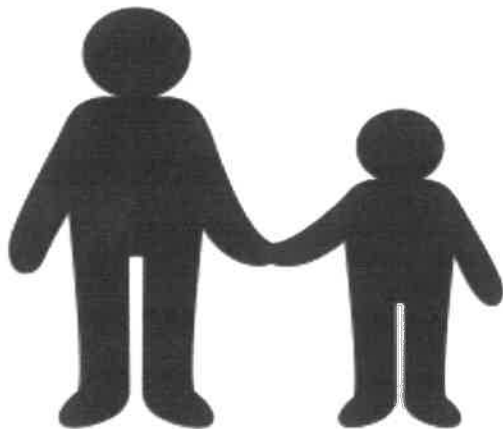


Imagine you could go back in time and sit down with your younger self.

What would you want your younger self to know?

What messages did your younger self need to hear that you can tell them now?

Imagine what your younger self would think about who you are today.



VISUAL JOURNEY

Begin in box 1. Draw/write/create where you started in life or where you are now.

Then go to box 6. Draw/write/create where your life is now or where you want to go/grow.

Use the rest of the boxes to illustrate your journey from box 1 to box 6.

You can use this paper or a blank one if you need more space.

1.		
		6.

BEHIND
THIS →



MIGHT
BE



Eleven Tenets of Companioning the Bereaved

By: Dr. Alan D. Wolfelt

Tenet One: Companioning is about being present to another person's pain; it is not about taking away the pain.

Tenet Two: Companioning is about going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding the way out.

Tenet Three: Companioning is about honoring the spirit; it is not about focusing on the intellect.

Tenet Four: Companioning is about listening with the heart; it is not about analyzing with the head.

Tenet Five: Companioning is about bearing witness to the struggles of others; it is not about judging or directing these struggles.

Tenet Six: Companioning is about walking alongside; it is not about leading or being led.

Tenet Seven: Companioning the bereaved means discovering the gifts of sacred silence; it does not mean filling up every moment with words.

Tenet Eight: Companioning the bereaved is about being still; it is not about frantic movement forward.

Tenet Nine: Companioning is about respecting disorder and confusion; it is not about imposing order and logic.

Tenet Ten: Companioning is about learning from others; it is not about teaching them.

Tenet Eleven: Companioning is about curiosity; it is not about expertise.

***More details related to each tenet listed above is printed in "*The Handbook for Companioning the Mourner: Eleven Essential Principles*" by Dr. Alan D. Wolfelt Ph.D. This book can be purchased online at www.centerforloss.com or by calling the Center for Loss and Life Transition at 970-226-6050.



Life Inventory

Please pick five (or more) statements from this list to answer.

1. Have you been the victim of a crime?
2. Is there an incident in the life of a sibling or parent that seems disturbing or mysterious to you?
3. What secrets does your family harbor?
4. Do you have any nicknames? How did you get them?
5. Are you capable of focused, unselfish love, and how do you know?
6. Are there any incidents in your life that have changed you, or any events that revealed hidden part of my personality, a part I didn't like?
7. What were the circumstances of your birth?
8. Who took care of you when you were sick as a child? Did you go to school or stay home?
9. What is your earliest memory?
10. What is the one thing you want someone to know about you?
11. What were you most afraid of when you went to sleep as a child or teenager?
12. What did trips to the grocery store look like when you were a child?
13. Describe how you learned how to ride a bike or swim.
14. Describe your first date.
15. Worst birthday memory?
16. Best birthday memory?
17. What did family vacations look like when you were a kid? Is there one that's particularly memorable?
18. Have you ever felt trapped? What place or situation makes you feel uncomfortable?

19. List 3 pairs of shoes that have been important to you.
20. What is the kindest thing anyone has done for you?
21. When did you last cry in front of someone? When did you last cry alone?
22. What did you want to be when you grew up? What happened to that dream?
23. Have you ever feared for the life of someone you love, especially a sibling, child, or parent?
24. Have you ever been surprised by your courage or dismayed by your failure to act with conviction?
25. If you had a warning label, what would yours say?
26. Take a piece of paper and fold it in half. On one half write five things you are proud of. On the other half write five things you deserve.