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with Dr. Jason Troyer



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Remember: Staying Connected to Loved Ones

Is it healthy to have an ongoing connection or relationship with your deceased loved one? Yes! This is one of the biggest misconceptions in grief. You do NOT need to forget your loved one as part of your grief process. In fact, I think it is more troubling when people try to forget their loved ones. In grief psychology, we call these ongoing connections: Continuing Bonds.

Examples of Continuing Bonds

- Wanting to update your loved one on what is going on in your life.
- Doing things that you know would make your loved one proud.
- Continuing traditions and projects that your loved one believed in
- Simple things like eating their favorite food, drinking their favorite beverage, or cheering the same sports teams
- Wearing items of clothing or carrying items that remind you of them
- Learning hobbies they enjoyed or following their career path
- Visiting places that remind you of them or places you spent time together

Journal Prompts

- In what ways are you like your loved one? In what ways would you like to be more like your loved one?
- What are some daily habits that you have adopted that remind you of your loved one? What are some seasonal traditions that help you feel connected to them?
- Have you ever felt (or been made to feel) awkward about wanting to maintain continuing connections with your loved one? How do your family and friends view ongoing connections.