

GriefPlan.com

with Dr. Jason Troyer



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Remembering Them Starts with You

The 'Remember Section' of GriefPlan focuses on making sure that your loved one's legacy continues. This begins with understanding what parts of their legacy you already know and what you would like to learn about them. So let's start with what you know and what you would like to know. This will form a list of questions to ask others in the next steps.

What Do You Know? What Would You Like to Know?

- What are your favorite memories of your loved one? What would you say to the question, "Tell me your favorite story about them?"
- What were they like at work or school?
- How would their parents describe them as a child? How might a teacher describe them?
- What would co-workers say about them? What would be a favorite story about working?
- How would you or others describe their personality?
- What hobbies or skills were they known for?
- What were their favorite foods or drinks?
- What was their favorite holiday? What did they do to make it fun or special?
- Did they have a quirk or challenge that made them difficult to be around at times?
- How do you think your loved one would like to be remembered?
- What challenges did they have to overcome or struggle with in their life?
- What traits, skills, or habits of theirs do others see in you?