

As holidays and anniversaries
come around without your being
here, here's how I can still include
you...

This is who I am now...This is how I
will put my life back together
again...

After you died, I thought surely, I
cannot go on. I decided I had to
because...

Sometimes I wear a mask to hide
what I am feeling because...

Here's my list of "not-so-helpful"
things hurtful things, "well meaning"
things people have said, and the
things I wish they would stop
saying...

I know I'm not responsible for your
death but sometimes I feel guilty
about it. And then I remind myself
that...

These are some things that I
remember you saying and doing
that I don't ever want to forget...

This is the story of your passing in
my own words...

Your life and death have changed
me and aspects of my life in
positive ways like...

Sometimes I want to be left alone
and when I get that chance I...