

# The Day My Special Person Died



Think about the day your special person died.

Often it helps to go over the events of the day again and again and think about what happened. Sometimes we cannot stop thinking about it.

It may help to talk with someone about the day, and let yourself cry if you want to.

**The Questions below might help you focus on events:**

What were you told and by whom?

Where were you?

What did you feel/think/do?

How was death explained?

What do you think about death and what happens after we die?

Do you need anything explained?

Who might you ask?

Are there any worries you need to talk about?



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