

I hope this letter finds you starting to get a better grasp on your new identity and feeling more secure. Perhaps you have made new friends and are involved in new activities. You may be surprised that your sense of humor is returning along with an ability to relax and have fun. Recovery doesn't lessen the love; you are not being disloyal to your loved one's memory.

One way people realize they are stronger is when they read back through some of the feelings they wrote while journaling over the course of the past few months.

Enclosed is a worksheet entitled, "How Do You Know You're Feeling Better?" You can measure the progress you have made in adjusting to your loss by identifying certain feelings and behaviors which have come about as you begin to become the new you.

Sincerely,

Bereavement Coordinator

**“How Do You Know You’re Feeling Better?”
Worksheet**

I’ll always remember the happy/funny time when: _____

I have made the following decisions during this past month: _____

I have discovered the following capabilities in myself that I never knew I had: _____

I have changed and grown. I have learned: _____

I have become: _____

I now feel like I have regained some control in these areas of my life: _____

I feel hopeful about: _____

I am making these plans for my future: _____
