

# Healing After Loss – A Gentle Reflection

This page is yours — to reflect, release, and honor whatever you're feeling today.

**One memory I'm holding close today...**

---

---

---

---

---

---

**Something that's been harder than I expected...**

---

---

---

---

---

---

**Someone I feel connected to, even in their absence...**

---

---

---

---

---

---

# Healing After Loss – A Gentle Reflection (continued)

**A small thing that brought me comfort lately...**

---

---

---

---

---

---

---

---

---

**What I want to remind myself when the waves come...**

---

---

---

---

---

---

---

---

---