

# Grief Recovery Healthy Rituals

## WORKSHEET

**It can be helpful in the grieving process to develop rituals to help you remember your lost loved one. Complete the following to identify some healthy rituals.**

Develop a photo album, scrapbook or journal of pleasant memories to view when you want to remember your loved one. List some memories here that you would include:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Establish a ritual for anniversaries, birthdays, holidays and other times. This might include a visit to the cemetery, flowers by the urn, planting a tree, placing a special rock or other symbolic token on the headstone, a special toast at holiday dinners, or other actions. List some ideas below:

- 1.
- 2.
- 3.
- 4.
- 5.

Some people establish a trust or memorial to fund scholarships or contribute to their favorite charity in the name of their lost loved one. Alternatively, you might recommend that people donate money to a specific fund or charity, such as the American Cancer Institute or National MS Society, in memory of your beloved. List some ideas below:

- 1.
- 2.
- 3.

What are other rituals you might establish to honor the memory of your lost loved one?

- 1.
- 2.
- 3.