

Your Grief Story

Before you can truly be free from negative emotions related to your grief you have to really study the details of your loss. This might not seem logical. But by exploring your story, you get in touch with the emotions connected to the loss. Understanding why you feel the way you do is a step towards healing.

Using your journal, outline your story. Get all the details out—good and the bad. What do you miss? What makes you angry? Do you feel responsible? Describe your relationship to the person who died. How did you feel about him or her? How did you get along? Feel free to jot down specific memories in the space below before writing in your journal





The Case of the Missing _____

* Special Noun *

There once was a detective named _____. One day, the

Name

detective's neighbor knocked on the door.

"I am so _____," said the neighbor. "I can't find my _____

Adjective

* Special Noun *

anywhere. I saw it before I went to _____ club, but later it was gone!"

Verb ending in "ing"

The detective grabbed a pencil and a _____ and asked, "Will

Noun

you describe it?"

"Certainly," said the neighbor. "It is _____, _____, and

Color

Adjective

it never _____."

Plural verb

The detective searched _____ around every _____ and

Adverb

Noun

behind every _____.

Noun

"_____!" said the detective, "I found it! It was right here under

Exclamation

your _____ the whole time!"

Noun

They both had a good _____, and the detective thought,

Verb

"Another case _____ solved!"

Adverb

Story Title

Ready to create your own Funny Fill-in story? To get started right away, just replace this text with your own. You can customize your story by adding your own pictures, shapes, and icons. On the Insert tab of the ribbon, just tap the option you need.

Once your story is complete, go back and replace the nouns, adjectives, adverbs, and other words with fill-in blanks. To create the fill-in blanks, just add a series of underscores, like this: _____.

To add the labels, at the end of each line of your story, press Enter twice to create an empty paragraph between each line. Type the label text, and then select the Fill-In-Label style from the Styles gallery on the Home tab. Use tabs and spaces in front of the label to position it under the fill-in blank: _____.

Fill-In Label

Get creative with your fill-in labels by using an Icon from the Insert tab in place of the label text. Resize and recolor the icons on the Format tab, and then select the Fill-In Icon style for the label paragraph:_____.



Stuck for story ideas? Get inspiration from a favorite story, fairytale, song, movie, or show. For a special occasion, such as a birthday or family get-together, write a story about the person or a funny family story.

