

Working with Guilt

Think of your loved one while she or he was alive and answer the following questions. Write out your responses.

1. What do you wish you had done while your loved one was alive?
2. What did you do that pleases you or makes you proud?
3. What do you wish you had said?
4. What are you glad you said?
5. What do you miss the most?
6. What do you not miss?
7. What do you wish you had asked your loved one?

8. What did you discuss with your loved one that you are glad you talked about?

9. What do you think you can never do now?

10. What can you do now that you could not do while your loved one was alive?

11. What are your regrets?

12. What do you wish your loved one had done?

13. What will you never regret?

14. What did your loved one do that made you angry?

15. What did your loved one do that made you happy?