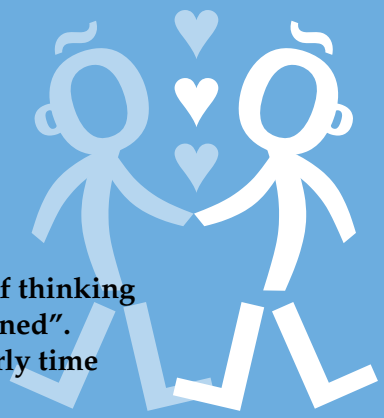
SHARING THINGS



You may be surprised to find yourself thinking "I need to tell…… about what happened". This can happen quite a lot in the early time after they have died.

Or you may just want to share your thoughts or feelings with them.

There is nothing stopping you from doing that. On the following pages there is space to write down stuff as you think of it.

Things I'd like to share with you: