LOVED TO SEE

Put your loved one's name in the blank. This will help you focus as you complete this page. You are now creating a workbook of conversation items based on things your loved one enjoyed seeing. The more you have, the bigger your conversation tool kit. You want to think of things that your loved one enjoyed seeing and enter these items below. Be specific. You should write, "white fluffy clouds on a bright summer day," rather than "clouds."

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LOVED TO SMELL

Put your loved one's name in the blank. This will help you focus as you complete this page. You want to think of things that your loved one enjoyed smelling and enter these items below. Be specific; write, "clean laundry hanging on the line on a windy day" rather than "clean clothes."

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LOVED TO TASTE

Put your loved one's name in the blank. This will help you focus as you complete this page. You want to think of things that your loved one enjoyed tasting and enter these items below. Be specific; include descriptive words such as, "an angel food cake with almond flavoring" rather than "cake."

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LOVED TO TOUCH

Put your loved one's name in the blank. This will help you focus as you complete this page. You want to think of things that your loved one enjoyed touching and enter these items below. Be specific; write "the soft, warm dirt when planting garden plants" rather than "dirt."

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LOVED TO HEAR

Put your loved one's name in the blank. This will help you focus as you complete this page. You want to think of things that your loved one enjoyed hearing and enter these items below. Be specific; write, "Ode To Joy from Beethoven's 9th Symphony" rather than "music."

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STORIES THAT MAKE _____ _____ HAPPY

Put your loved one's name in the blank. This will help you focus as you complete this page. You want to think of stories that your loved one enjoyed and enter these stories below. You can just write a phrase to remind you of the story but be specific, such as "the time the dog ate the Thanksgiving turkey" rather than "Thanksgiving."

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STORIES THAT MAKE _____ _____ UNHAPPY

Put your loved one's name in the blank. This will help you focus as you complete this page. You are now creating a list of topics that you don't want to bring up as conversation starters because they do not bring your loved one happiness. Of course, if your loved one brings the stories up, use the techniques described earlier to respond to your loved one.

You can just write a phrase to remind you of the story, and again, be specific. Write, "loss of their home in the tornado," rather than "tornados."

It is helpful if you jot down a good memory about the topic so you can acknowledge the sadness and then bring up a good memory about that topic. Look at a few examples in the RESPONDING TO STORIES THAT MAKE THEM UNHAPPY section.

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