

Support System Superlatives

Many people know they have family and friends in their corner, yet often feel utterly alone. Mapping out your support system can be a reassuring way to assess who you can call upon if needed.

Fill out the prompts below with who in our life best fits each description.



Most likely to know when I am having a hard time:



Most likely to make me laugh:



Most likely to give me good advice:



Most likely to talk with me about my loved one:



Most likely to motivate me:

Scan to access family resources!

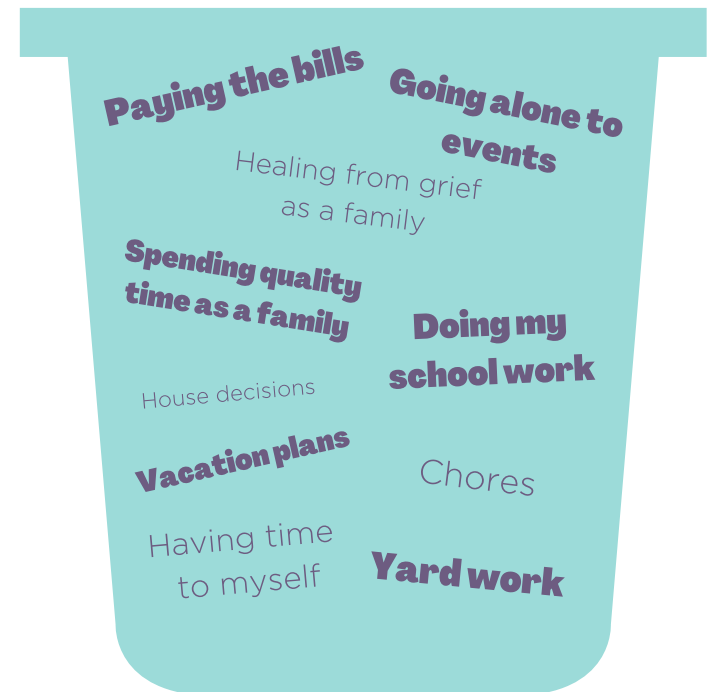


We're here for you.

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Did you know we have virtual support groups?
Visit the calendar on our website to learn more!

WHAT ARE YOU CARRYING IN YOUR BUCKET



June 2021

Mending Hearts for Grieving
Children, Teens & Families

companions
on a journey

What are YOU

carrying in your

bucket?



We each carry our own bucket that holds all of our thoughts and feelings as well as our opportunities and commitments. Some of what we carry in our bucket feels light, and some of what we carry feels heavy. Below, list things that feel light in your bucket- things that uplift and comfort you- as well as things that feel heavy and challenging. Then, utilizing your “Support System Superlatives” from the previous page, identify individuals that are journeying alongside you that may be able to help you carry the heaviness in your bucket.

Write what makes your bucket feel light

- Ex. Spending time with family

Write what makes your bucket feel heavy

- Ex. Staying up too late

Grief Affirmations

Take a moment to read and choose a positive statement (affirmation) that you feel might be helpful to you.

I allow myself to feel my grief and then let go.

I take comfort in the memories of my loved one.

I can feel happy and hopeful today.

I choose to feel my loved one close by.

I can be gentle with myself as I heal.

It's okay that I need time to grieve.