**Who Am I Now That You are Gone?**

When a significant person in our life dies often a part of us feels like it dies, too. Sometimes we struggle because we have to think of ourselves in a different way. When a significant death occurs it can change some of the roles we play in life (eg: husband, wife, father, mother, partner, friend, child, etc), and when the roles change, that can also change our identity and how we view ourselves. Suddenly we are confronted with questions about where we go from here? But to answer that question we have to first start by answering, “who *AM* I?"

Use the following questions as a start to help you begin to identify who you are. These questions will not answer the BIG question of “Who am I,” but will help you *start* the process of answering this question; a process that may happen over time. If you find yourself struggling to answer a particular question or questions, then that might be a good starting point for you to do some additional self-reflection and personal work.

**1. Who was my loved one?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2. What were some of his/her strengths? \_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**3. What were some of his/her weaknesses?**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**4. In what ways am I like him/ her?\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**5. In what ways am I different?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**6. When I stand outside myself, and I see the person that I am, what do I like about me? What do I dislike?**

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**7. What has been important to me, or given my life meaning, in the past?\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**8. What is important to me, or gives my life meaning, now?\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**9. What were some of my interests/ activities/ hobbies in the past?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**10. What are some of my interests/ activities/ hobbies now?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**11. What are some of the important lesson I have learned so far in my life?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**12. When I think about the future what, if anything, would I like to see change or be different?**

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**13. What do I need to do to make that change happen?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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