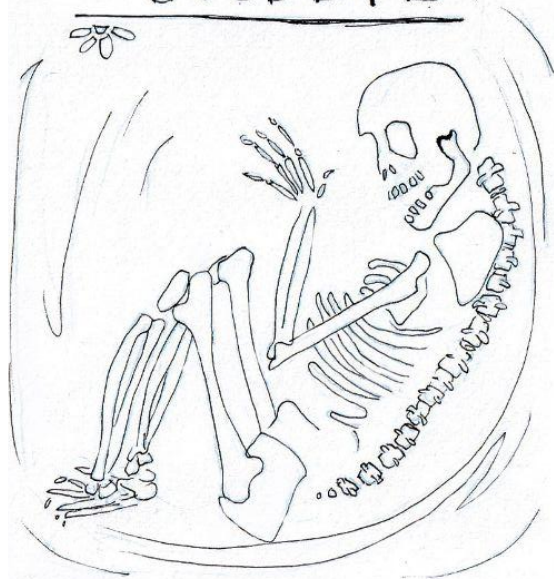


HOW TO SAY  
GOODBYE



## GRIEF AND MOURNING

THE DEEP COMPLICATED  
FEELINGS ASSOCIATED WITH  
LOSS

### SAYING GOODBYE

ALLOWS ONE TO TURN  
INWARD, PROCESS AND  
REFLECT ON THE LOSS,  
AND ULTIMATELY MOVE  
FORWARD



## FOUR WAYS TO SAY GOODBYE

1. KISS THEIR GRAVE OR  
ASHES AND SAY GOODBYE
2. STAY AWAKE FOR AT  
LEAST 24 HOURS. HALLUCINATE  
YOUR LOVED ONE AND SAY  
WHAT YOU NEED AND  
GO TO SLEEP.  
THEN

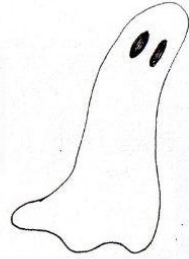


3. DO A DRAWING OF YOUR LOVED ONE FROM MEMORY.  
WRITE DOWN OR DRAW MEMORIES AS THEY COME TO YOU.



4. CLOSE YOUR EYES. IMAGINE YOUR LOVED ONES BODY.  
WHERE IS IT? HOW DOES IT DECOMPOSE?  
WHAT GROWS THERE?





\* GUIDANCE PROVIDED BY A  
NON-MEDICAL PROFESSIONAL

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