Modified from Angel Catcher, A Journal of Loss and Remembrance for Baby Loss Parents

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**I FEEL AFRAID**

**SLOW MOTION**

Everything I do today is in slow motion.

I feel numb.

My mind doesn’t work.

I can’t make decisions.

Here is what I absolutely must do

**I’M VERY TIRED**

I’m very tired now.

I know I need to rest because my emotions are taking over.

I’ll feel better if I

**SLEEPLESS**

When I can’t sleep, I am thinking about

Next time I can’t sleep I am going to

**MEETING YOU**

Meeting you for the first time was

At the time I felt

Now I feel

**WHEN I HEARD**

When I heard you were gone, I

I felt

**I FEEL ALONE**

**WORRY LIST**

My mind is so full of worries I sometimes think I must be going crazy.

Here’s what I need help to get through

**THE MEMORIAL SERVICE**

The funeral/memorial service was today

The most important thing about it for me was

**SYMPATHY CARDS**

*(Note them down here or paste them in)*

**I MISS YOU**

Dear Date

I miss you.

I miss the way you

I miss being with you when we

It will help me feel better if I

**FUTURE TOGETHER**

Plans I made for you

Hopes and dreams I had for you

**TRUST**

I am finding it hard to trust anyone right now… especially myself.

To return to a place of trust I can say to myself

**ANXIOUS**

Since you died, I am feeling like something bad will happen

I can comfort myself by

**ROCKY TIMES**

I want her/him to know

My vulnerabilities are

My expectations for myself are

My expectations for my partner are

Why I might be acting the way I am acting

They can better support me by

I can better support them by

**CAN YOU HEAR ME?**

Give me a seat at the table

How I wish \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ would talk to me

How I wish ­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ would listen to me

**FEELING DOUBLE**

Right now I am holding two opposing feelings in each hand.

They are

**REMEMBERING**

This is a …………………………………………………. day for me.

I am remembering when I heard the news.

The hardest thing for me today is

Here’s how my head feels

My heart feels

Here’s what I am going to do to remember you today

**SICK INSIDE**

The sadness makes me physically ill sometimes. I feel

It goes away when

I worry that

Sometimes the pain is so great I

To make me feel better I am going to

**GUILT**

I can’t seem to stop feeling guilty.

Here’s what I am feeling

I say to myself to soothe myself

**ROLLER COASTER**

Lately, I feel like I’m on a roller coaster. My emotions are all over the place. Here’s where I am on the ride.

I believe one day I’ll feel secure again, back on solid ground.

**FRUSTRATIONS**

Some days I get so frustrated I want to scream, punch pillows, and break things. I never knew I had the capacity to get so angry.

I extend myself grace by

**MISERABLE TODAY**

Why bother getting out of bed in the morning? I don’t want to see anyone. I don’t want to do anything.

I feel

I know I must

To get through this day I will

**HIDING**

I want to hide away from the world. I don’t like going out. I feel like I’ll scare people away. No one knows how to be with me right now. I keep thinking they expect me to break down and cry.

I extend myself grace by

(For mothers) I feel funny without you close by in my womb. It feels like my skin is translucent.

How I wish to hold you in my arms and hear your cry

No one is mentioning you. This makes me feel

I feel so alone

**MADE IT**

I made it through another day. I hated nearly every minute

**CELEBRATION**

I get angry when I see families in the world with babies who are still alive, when you aren’t! But then I remember I must celebrate the people who are still around me. I imagine you here beside me.

**I LOVE YOU**

I love you.

I love the way you

I love the way we

I will always remember how you

It’s hard for me to be without you when I

Here’s what I am going to do to show my love for you

**WHERE ARE YOU NOW**

I wonder where you are now. I think you are

**SPECIAL**

It’s hard for me to deal with the things we had for you. I want to keep track of who has what.

As a memento, I would like to save

1.

2.

3.

…

**TREASURES**

And give away

1.

2.

3.

…

**SCREAMING DAYS**

Some days I feel like screaming. Today is one of them.

It’s because

When I am done screaming, I am going to

**MEAN THOUGHTS**

I am really angry at ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I FEEL YOU**

I keep wishing you would give me a sign to show me you are around sometimes.

I think you are near when

**DREAMING OF YOU**

I would like to dream about you.

In my dream, we would

I would say

**PART OF ME**

I remember my favorite meal with you

I am going to remember you by cooking/baking/eating

**GETTING BETTER**

I feel sad today. I know one quick way to feel better is to help someone else.

In your memory I want to

For others I would like to

**NEW BEGINNINGS**

I need to make a statement!

Today I’m going to

REDECORATE, CHANGE MY HAIRSTYLE, ADOPT A PET,

GO TO A CONCERT/MUSEUM/MOVIE/LECTURE, TAKE A CLASS, MAKE A

NEW FRIEND

**JOY**

I felt joy today—the first spark of lightness since you died.

I wanted to tell you about it.

**PAIN**

I am hurting a lot today. I know I need to do something to get through this pain. I could go for a walk, have a massage, call up a friend, eat something delicious, listen to wonderful music, cook a meal for a friend, create something magical, take a child to a film, talk about you, watch my favorite film or show, look at old pictures, cry a little, cry a lot, pray, feel my courage, and know you are near.

Here’s what I am going to do

**SECRET THOUGHTS**

Sometimes I don’t feel like saying out loud

**MIRRORS**

The world sees me one way, but I feel differently.

Here’s what the outside of my head looks like today

Here’s what the inside of my head looks like

Here’s how I feel inside my stomach today

**PICTURES OF YOU**

When I see pictures of you I feel

These are my favorite pictures of you

**PICTURES OF US**

These are my favorite pictures of us all together

**NO WAY OUT BUT THROUGH**

I can’t believe people ask me if I’ve gotten over you.

I never want to.

I do want to get through the pain of losing you.

I can’t believe people say as a solution to my grief, “Have another baby,” as if you are replaceable.

You are irreplaceable.

**HEALING**

Some days, I feel like I have a whole new perspective on life. Little things like a stubbed toe, a parking ticket, or a missed appointment don’t seem to matter. On those days I feel like I can handle anything.

On other days…

**FEARS**

Now that you aren’t here anymore, I am frightened of

When you were here, I was afraid of

Remembering you helps me not be afraid of

**TIRED**

I am tired of feeling so much.

I want to stop hurting.

Please help.

**ANGRY THOUGHTS**

When I knew you had died, I felt

Here’s how I am feeling now

It upset me to think that

It makes me mad when I remember

Why did you have to leave me?

**LETTER TO THE UNIVERSE**

Dear Universe,

**IT’S YOUR BIRTHDAY TODAY**

Date

Today is your birthday. You would have been ……………… years old.

The month leading up to this day has been particularly hard for me.

I have felt like

Today I feel

On your birthday we

**MY BIRTHDAY**

Date

Today is my birthday.

Today I feel

To celebrate my birthday, I will give myself a present from you

**HOLIDAYS**

Holidays are hard without you.

Today is

Here’s how I am feeling without you today

Today is

Here’s how I am feeling without you today

**CHRISTMAS, HANUKKAH, RAMADAN**

This is the first holiday season I have had to live without you.

Here’s how I feel

This year I’m going to give myself a present from you.

It will be

Here’s what I wish I could give you

To make me feel better I am going to

I am going to share this time with

**ONE YEAR ANNIVERSARY**

I thought anniversaries were meant to be happy. This one is very sad.

I am afraid of the pain I may feel on the anniversary of your death.

Here’s how I am going to remember you today

Here’s who I shall share the day with

Here’s what we will do

We will celebrate your life!

**PUSHING ME**

I am worried that I will forget the special times we *did* get to share together.

I want to remember them forever.

I never want to forget

**MEMORIES ARE LIKE BUTTERFLIES**

I never want to forget

Here’s what I would like to forget.

**REGRETS**

I get really angry when I think we will never be able to

I get really angry when I think we will never see you

**THINGS I FORGOT TO TELL YOU**

Dear

There are many things I meant to tell you when we were together, but somehow our time together was cut tragically short.

If we had had more time together, I would want to tell you

If we had had more time together, I would want to have taught you

Let me say that I am sorry I

I love you.

**I FEEL BRAVE**

**SIGHTINGS**

I felt you near me.

It happened

When I felt you close by, I was

I felt

It would make me …………………………………………………to feel you close again.

**CONNECTED**

When I see pictures of or read stories about other people’s tragedies, I understand what each grieving mother, father, son, daughter, grandparent, wife, or child must feel.

I feel connected to their pain in a way I never felt before.

I know how I felt when people reached out to me.

I want to reach out to

**I AM DIFFERENT NOW**

Losing you has changed me. Some changes are good, others not so good.

Here are some good changes

Here are some not so good changes

Here’s who I would like to be

Here’s how I must change to get there.

**CELEBRATION**

To commemorate and celebrate your life, I want to create something that will live on.

PLANT A TREE, WRITE A POEM, START A GARDEN,

PAINT A PICTURE, HELP A CHILD IN NEED

**LETTER TO YOU**

**I WILL NEVER FORGET YOU**

You will live in me always.

—Your body, your heart, your soul, your kicks and rolls, your name, and the way you made me feel—

are all part of me.

My heart is full of memories of you.

My spirit has been

forever touched by you.

Thank you for the gift of your life.

I will never forget you.