

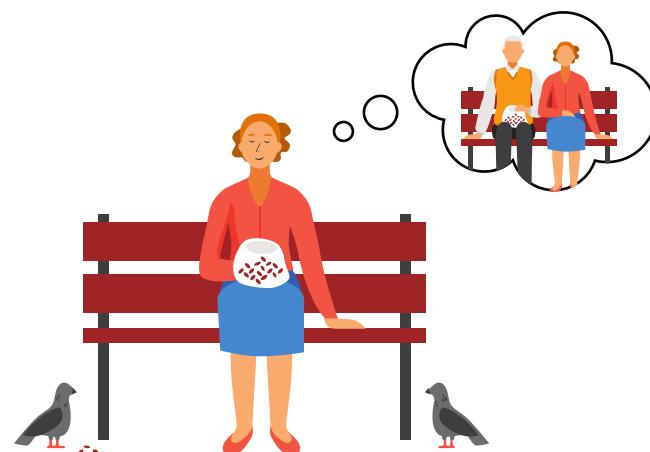
Social Story: Someone Close to me Died



An important person in my life died.



I will miss them.



I may feel alone even when other people are around.



I can share my feelings with people I trust.



If there is an open casket, I may want to see the body for myself. I may not want to see the body, and that's fine. There may not be an open casket and that's fine, too.



My body may feel different to me than usual. This can happen in grief, but it doesn't mean I am sick. If it continues and it concerns me, I can check with my doctor.



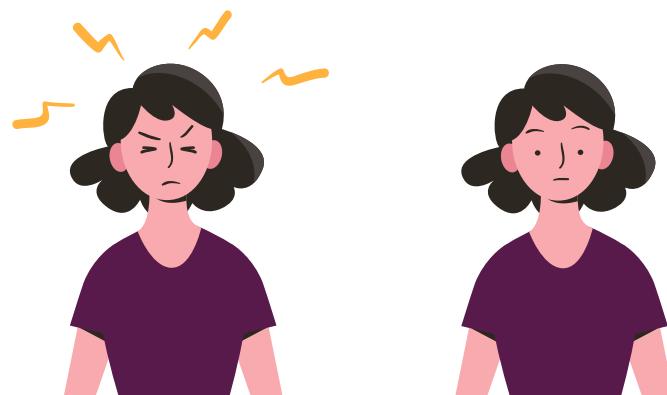
Some examples of this may be...
It may be difficult to think clearly.



I may have a lot of thoughts going through
my head.



My head may feel like it hurts. Or it may not.



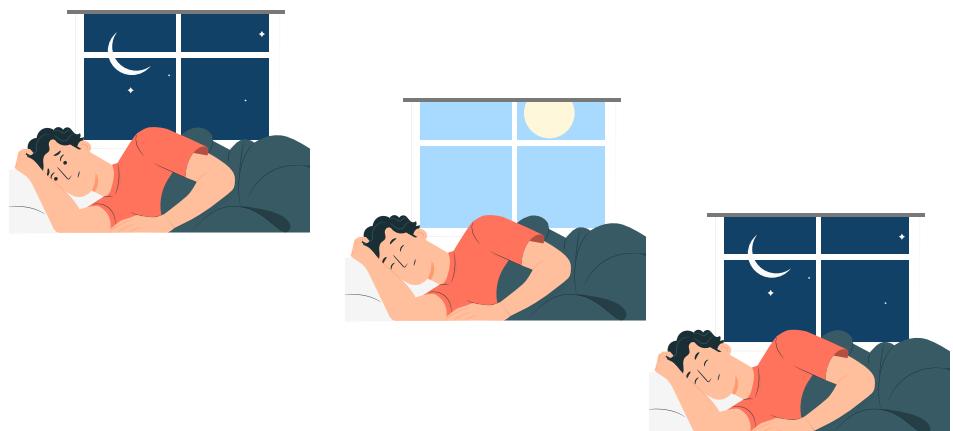
I may have a stomachache. Or I may not.



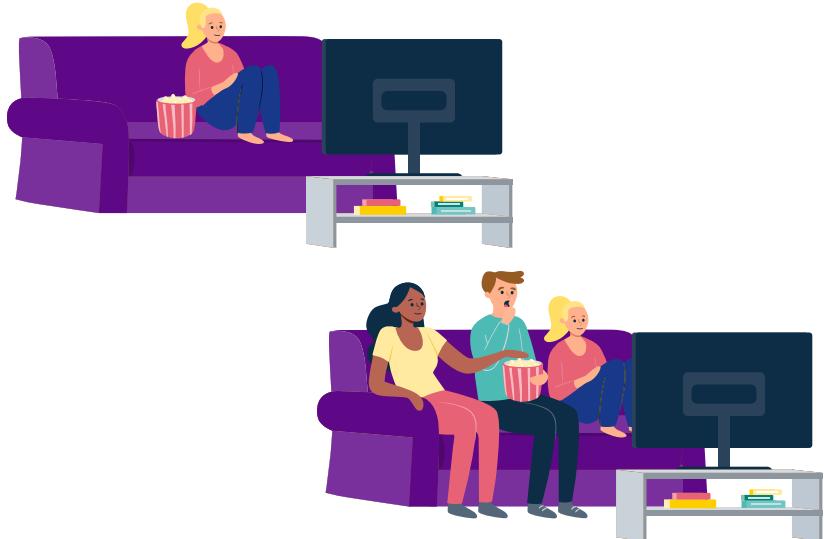
I may not be hungry. I might be hungrier than usual for me. Or I may eat the same as usual.



I may have trouble sleeping. I might want to sleep a lot more. Or I may sleep just fine.



Sometimes I may want to spend a lot of time alone. At other times I may want to spend more time close to people who know me and care for me.



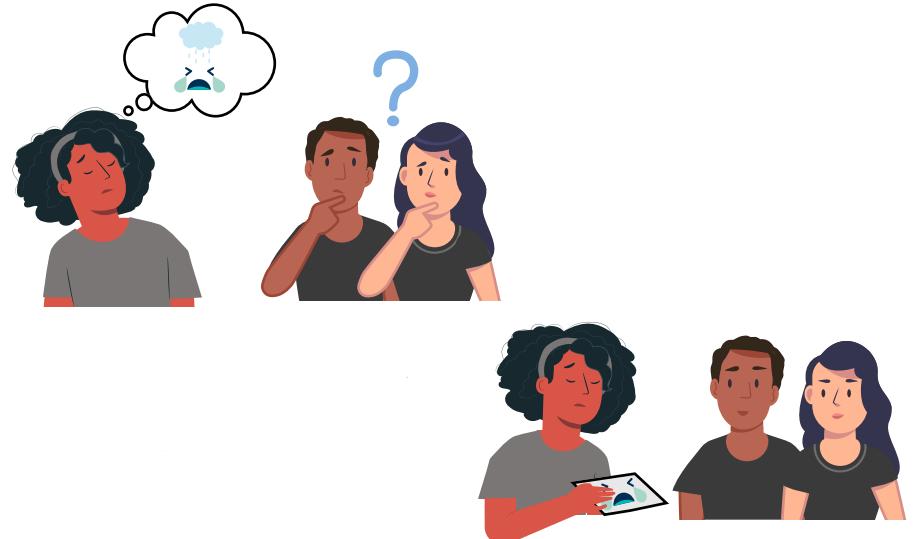
I may be more quiet than usual.
Sometimes I may feel sad and like crying, whether or not the tears come out. Other times I may feel peaceful. Sometimes I may feel mad.



Other people may not know what's going on inside me. I can tell them or show them the best that I can.



People may not understand what I'm feeling by looking at me because my face doesn't always show what's going on inside me. I can try my best to tell the people around me who understand this about me.



There may be special events to attend, such as a funeral or memorial service.



I can choose which events I want to attend.



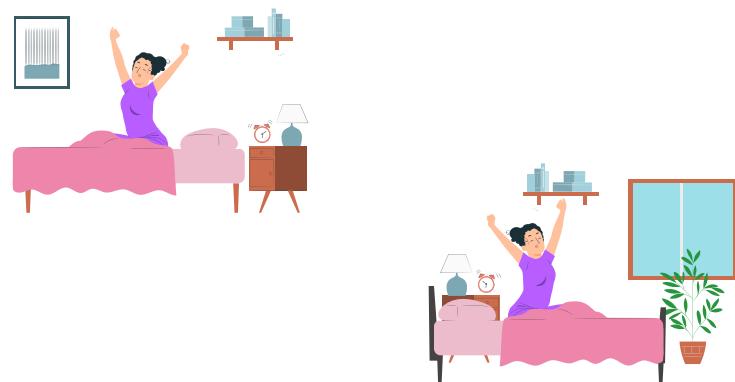
Some people cry at these special events.
Some people are quiet. Some people may
laugh! Everyone grieves in their own way.



It's okay to grieve in my own way, too.



Parts of my life may change. If I lived with
the person who died, I may need to move to
a new place to live. Parts of my life will stay
the same.



If the person who died was my main caregiver, I may have new caregivers.



It may take time to be comfortable with new people helping me.



I may try new ways of doing some of the daily activities that I used to do with the person who died. I may do them with someone new.



I can remember my important person while trying new things.



If I need help, I can get support from the people I trust, or find the right people to help me.



Sometimes grief and change in my life can feel hard. I can tell myself that I will get through it in my own way. I will be okay.

