

# REMEMBER THEM

*Posted on December 31, 2017 by Jennifer Stern, LISW*



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Remember them.

Say their name out loud.

Close your eyes, quiet your mind and breathe. Call them to you.

Picture them at their best...

Their eyes

Their smile

Their laugh

Talk to them... tell them how you miss them, love them, wish they were here. Tell them what you need them to know, what is weighing so heavy on your soul. Release your pain. Release your burdens. Tell them. Tell them how you struggle, fear, rage, question, weep, wail. And tell them how you endure, how you carry on through the heaviness of deep grief, one step at a time. Whisper it. Shout it. Speak it. Tell them.

Remember the wishes they had for you and your life. Honor them.

Remember their dreams and the dreams you had for them. Honor them.

Remember them...

Happy

Sad

Frustrated

Angry

Contemplative

Peaceful

Remember the way they spoke... their tone, affect, cadence.

Remember their favorite...

Foods

Songs

Shows

Games

Books

Clothes

Places

Remember them.

Write about them.

Talk about them.

Create beauty in their name.

Treat yourself and others with kindness and compassion in their light.

Positive remembrance is so powerful.

They will continue to have meaningful impact on the world through you.

Their light will continue to shine through those whose lives they have touched.

Remember them.

Remember the nuances of who they were and how they lived.

Remember how you loved them and remember how they loved you.

Remember that they lived. They lived. They were here. Their life mattered. Their life matters still, forever.

Remember them.

## Comments



**Jennifer Stern, LISW** - 2018-01-29 05:14:07

Tears express so much that words can not. Take good care.



**Anne McIntyre** - 2018-01-29 05:10:53

Just makes me cry



**Pam Canova** - 2018-01-04 20:18:47

Excellent advice. Love never dies.



**Jennifer Stern, LISW** - 2018-01-01 13:00:33

I am grateful and I thank you. Take good care, be gentle with yourself on your grief journey.



**Jennifer Stern, LISW** - 2018-01-01 12:59:28

Thank you Diane. Remember with love, may your memories bring you comfort.



**Judith jarnot** - 2018-01-01 03:36:16

From the very depths of my heart, I thank you. This is EXACTLY what I needed during one of the most difficult moments in my grief journey.



**Diane Tear** - 2017-12-31 16:00:24

This is very powerful!!!! Your insight into remembering those that we have lost gives me tangible and contemplative ways to remember with love. Thank you!