
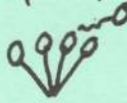



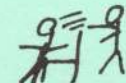





Dear Friends,













There are lots of feelings that come when a loved one dies. ♡ We feel sad ☹, mad ⚡, alone , afraid "☹", and even sometimes happy ♡. There are lots of different feelings that can make us very confused. "☹"? There is another feeling that comes up that can be pretty hard to understand. That feeling is called GUILT. 

As we go along our grief journey "☹", we will at some point feel guilty about our loved one who died = ♡. Feeling guilty means we feel bad, like if we did something wrong. ☹ We feel like what happened is our fault. "☹". In our journey, we will sometimes feel like it is our fault that the person we loved died. We might remember that time



when we were very angry at our loved one, and thought to ourselves, "I wish you were dead!" 

Or the time when they were bothering you  and you screamed, "Go away and leave me alone!" Maybe we weren't very nice to them the week before they died. Maybe we wanted to tell them how much we love them , but never got a chance to do that.   
There are many, many reasons we feel guilty.   

We can't wish someone to die; our loved one certainly didn't die because we were angry with them.   
We should remember that we always get angry with those we love . We love them and they love us, and sometimes we can't agree on everything  . Anger can sometimes be a part of LOVE . Part of feeling guilty is that we are angry at ourselves   
because we couldn't stop the death , and we miss them.  But we can still tell our loved ones how much we love them, and tell them how important they still are to us . It's O.k. to feel guilty, even though we didn't make our loved one die. We need to feel bad so that we can forgive ourselves, or tell ourselves, "It's O.k."  . Then we can forgive our loved one for dying.   
Love, Mark 