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## Did that really happen?



### ***Understanding the reality of your loved one's death.***

When someone close dies, we often struggle to accept that this is our reality. Our head understands that our person is gone forever, but it takes a while for our heart to catch up. This is often the first task we must work through before grief work can begin. Gaining this understanding provides the foundation for the remaining pieces of the grief puzzle to come together.

### Five Cartoonversation Starters:

1. In the cartoon, how is Louis Ray's reality settling on him?
2. How do you think it felt for Louis Ray to go fishing again?
3. How was Louis Ray's Dad trying to help him with his grief?
4. Why did Louis Ray let the fish go at the end of the cartoon?
5. What do you think Louis Ray was feeling when Elsie joined him?



### Five Factoids:



1. Everyone's grief journey is unique, even within the same family. Each person's feelings of grief are important and valid.
2. It can take time to feel like doing the things you used to do with your person who died. How long it takes is up to you.
3. Remembering can be difficult, but it also helps us to know that our relationship with the person who died never ends. Our memories live forever.
4. The people who love us won't always do everything right, but it's important to remember that they want to help us heal.
5. Helping the reality settle on children is different than for adults. Allowing children to tell their story of the death through acting and play is extremely helpful.

### Five Websites:

1. [lorysplace.org](http://lorysplace.org)
2. [whatsyourgrief.com](http://whatsyourgrief.com)
3. [childrengrieve.org](http://childrengrieve.org)
4. [griefftoolbox.com](http://griefftoolbox.com)
5. [sesamestreet.org](http://sesamestreet.org)

