



RULES *for* FAMILY HEALING

- It's okay to talk about feelings, even bad feelings. Talking will help the pain go away.
- Feeling guilty or angry is normal. We all do or say things we later regret, but none of us are to blame for _____ death.
- It's okay to cry or feel sad or lonely. Tears help us to heal and feel better. We all miss _____ very much.
- It's okay to laugh. This doesn't mean we love _____ any less. Laughter is God's way of helping us to connect to each other.
- It's okay to share a memory and mention _____ name, even if it brings tears, for memories are gifts that are meant to be opened and shared with each other.
- Most important: Don't forget to ask for extra hugs whenever you are feeling sad, lonely, or confused (and be prepared to give lots of hugs back).