**Questions about your loved one**

Spend time with family and friends and ask them to share their favorite memories of your loved one who has died. Below are some questions if you want help getting started. As you listen to their stories, can you imagine your loved one sitting beside you? Laughing? Sharing?

* How would you describe them?
* How did you meet?
* What did you call them—any nicknames? Did they have a special name for you?
* Is there a lesson you learned from them?
* What do you think they valued most in life?
* What is your earliest memory of them? Favorite memory?
* What is a particular time you recall they were especially joyful? Or embarrassed?
* What was their laugh like?
* Do you have any funny stories about times you spent together?
* What did you love to do together?
* When or how did they help you the most?
* What is the weirdest or oddest thing you loved about them?
* Are there any ways you wish your relationship had been different?
* What are things that made you thankful for them?
* What are you afraid you will forget about them?
* What strengths do you share with them?
* What were their favorites:
* Music
* Television shows/ movies
* Foods
* Hobbies
* Color
* Flower
* Objects/places
* Did they have a favorite piece of clothing that reminds you of them? A signature saying?
* Is there a story behind the name they were given when they were born?
* Do you remember any favorite stories about childhood that they loved to tell?
* Do you remember stories they would tell about:
* going to prom
* learning to drive
* military/college
* starting first job
* getting married
* becoming a parent