Grief and Loss Worksheet

Name	Date
Adrian Danielson	September 30, 2077

I am saying good bye to you, dad.

I am saying goodbye because nature decided to run its course with you. You've been dealing with cancer for years now, and in the end, it won.

Saying goodbye to you makes me feel a bit hollow. You've been a big part of my life and while things haven't always worked out between you and mom, you never left us alone. You weren't perfect (as if anybody is), but you did your best to redeem yourself to all of us by providing for us and making sure we were able to go to school and finish.

I remember a time when we went to Iceland. While you, me, mom, and Michael were walking around a wildflower field, you said that you'd want to migrate us here, live in a house, where we can enjoy the beauty and peace of being around nature. That we would live simply without a care in the world.

Ever since you've gone, things have been different because you're no longer here. We feel your absence and it's pretty heavy on all of us. Sometimes we would space out. We're unable to do late night movie Saturdays anymore for the meantime.

The thing I miss the most about you is you talking to us about life in general, that you're always there to offer a perspective that could help me and Michael navigate our lives as adults.

You taught me that, even though living is hard, it doesn't have to be miserable. We may not be rich, and I doubt we will ever be, but you gave us a life full of music and wonder by introducing us to a lot of things that make life worth enjoying.

I will always remember that time you bought me and Michael our first guitars. You had this proud smile on your face just knowing that your sons were interested in learning music. Granted, we never made careers out of it, but the two of us never stopped and will never stop playing, even if just for fun.

Something I want you to know is that I will fulfill that dream. And you'll still be part of it (even if you're in an urn). I'm working hard and in just three years, we'll be able to move to a peaceful place surrounded by scenic nature. We're still deciding where. Mom's choice is Scotland, but we'll see. Goodbye for now, dad. We love you.