



We are gathering memories that bring comfort and smiles today, not reminders of how this ended. This is a space to remember the amazing, ordinary, everyday moments that made up a whole life. If you are not sure what to write, use one of the prompts below to help a memory come to mind. Write it on a slip of paper and place it in the jar. There is room for every feeling here, the happy and the bittersweet alike.

Memories That Make You Smile

- Share a favorite memory or story about them.
- Describe a moment when they made you laugh until you cried.
- Share a memory that still makes you smile.
- Describe a time they surprised you.
- Share a memory involving food, a favorite meal, or something they loved to cook or eat.

Who They Were

- What is a lesson they taught you, on purpose or by example?
- What is a quality you admired most about them?
- What is something they were passionate about?
- What is a phrase or saying they used often?
- Share a funny nickname, joke, or inside joke you had together.

How They Showed Up

- What did they do that always made you feel loved?
- Describe a moment of comfort or support they gave you.
- What is a piece of advice they gave you that you still carry with you?
- What is something small they did that meant a lot?
- Describe how they made others feel welcome or included.

Traditions and Time Together

- Describe a tradition or holiday memory you shared with them.
 - Share a memory of a trip or outing you took together.
 - Describe how they celebrated birthdays or special occasions.
 - Share a memory of a hobby, skill, or talent they had.
 - What do you miss most about them, and why?
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Source

<https://sunflowersaftersuicide.com/celebration-of-life-after-suicide-loss/>