

Free Yourself

by Tamara, 14 yrs.



Grief is a cage you have been captured in... being stuck in a mindset.

The only way you can free yourself from the cage is to find the key.

You have to find the key. There are many keys to open the cage - you need to find the key that works for you.

*My key has been **Remembering Memories** - the good times and the rough times.*

*My key has been **Hearing Memories** - from people who knew him when he was younger and when he was older.*

*My key has been **Family** - the family I live with and family who live far away and I visit.*

*My key has been **Making new Memories** - in special places with special people.*

*My key has been **Friends** - support and having fun.*

*My key has been **Being Loved**, knowing that I am not isolated and that others can help.*

*My key has been **Positive Thought** - I can learn how to do this, He is still in my life and I have lots of things to look forward to.*