



Remembering Me A.D. (After Death)

The overwhelming majority of people in the world don't do death well which makes complete sense. Regardless of whether a person has the strongest faith and spirituality in the world, or if an individual is an agnostic or atheist, most people would agree that when someone we care about dies, it is a very, very tough time, to say the least. Even people of faith who believe that death leads to something better can recall that even "Jesus wept" when discussing the recent death of his friend (John 11:35). Losing someone is never easy for anyone.

However, for now this is not about to be a discussion on spirituality or atheism or anything in between. From a therapeutic standpoint, there is one practical thing that many people take some time to reflect on after someone dies, particularly after attending some kind of funeral or memorial service. It is a natural inclination to think about our own death when someone else passes. "*How will I be remembered?*" can be a thought that can be extremely motivating.

So for a few minutes as a group, from a positive and motivational perspective, with an eye on self-improvement, consider what kind of "name" that you want to one day leave behind for yourself with the time you still have.

Questions for discussion:

What is something that impacted you that you learned from someone who has passed away, either through their words or their good (or bad) example when they were still alive?

What are a few words, sayings or memories that you would want people to think of when remembering you after you've passed away?

After reflecting on these questions, what is something positive that you think that you could increase your focus in your life on in order to leave a good name for yourself?

To end on a positive note, discuss 2 or 3 three things that make you feel grateful to be alive today (whether or it is the simple things in life or something more deep, personal and meaningful, there's no wrong answer)



Remembering My Name: Follow Up Group Exercise

Part I – As a group, brainstorm some positive qualities, skills, characteristics, and other traits that good people are remembered for. (It may help to think about some people whom you personally admire and the positive qualities that those individuals displayed. Or, just think about positive qualities that you strive to display yourself.)

Try to come up with a good list of positive qualities, roles, and traits and list them on the board

Some examples to get started – (Feel free to use any of these that may apply)

- ♥ **Generous**
- ♥ **Hard-Working**
- ♥ **Loyal**
- ♥ **Loving Father/Mother**
- ♥ **Honest**
- ♥ **Skilled Carpenter**
- ♥ **Sober and Stable**
- ♥ **Creative Artist**
- ♥ **Good Neighbor**
- ♥ **Musician**
- ♥ **Never gave up**
- ♥ **Loved animals**

Part II – On a blank piece of paper, start by writing your name at the top. Then below your name, draw a picture of yourself, (*to the degree that you are willing to, this is not an art contest but more about self-expression, so a stick figure is fine if you feel like you cannot draw well*). Then, using the list on the board from **Part I**, select three to five qualities/traits/abilities from the list that you would like to be remembered for. Creatively write your choices onto your picture, making additional drawings and decorations as you would like too. An example is provided to illustrate. Again, the goal is not to show off art skills but to just be creative and expressive in any way that you feel comfortable.



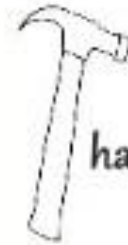
Example:

Loyal & Truthful

Caroline



Caring



hardworking



Loving Mother



Discussion:

- **Take turns sharing your work with one another as a group. Provide positive feedback, support and encouragement**
- **Consider some of the following questions for self-examination and discussion:**
 - Why did you choose the qualities, traits and abilities that you selected?
 - What are you doing in your life today to display these qualities, traits and abilities?
 - What else do you think that you need to do in the future in order to further sustain and even enhance these positive things in your life moving forward?



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