

Love lives on
in many ways. ♥

Love Does Not End When Someone Dies

Staying connected in meaningful ways can be a healthy part of grief.

♥
DIFFERENT DAYS. THE SAME LOVE.

What continuing bonds means

Many people keep an inner connection with the person who died. This can happen through memories, values, rituals, stories, and the ways love continues to shape daily life.

Their
love is still
with you. ♥



What connection can look like

- Talking to them in your mind
- Looking at photos
- Lighting a candle
- Wearing or carrying something meaningful
- Cooking their food
- Visiting a special place
- Writing them a letter
- Sharing stories with others

Different
ways.
Same love. ♥



What this is not

- It is not "being stuck" on its own
- It is not doing grief wrong
- It does not mean you are not moving forward.

There
is no
right way
to grieve. ♥

Two things can be true

You can miss them and keep living.
You can carry love and still build
a life around the loss.

Both are true. ♥

Love
travels
with you.

A gentle reflection

SOME QUESTIONS TO EXPLORE (THERE ARE NO RIGHT OR WRONG ANSWERS).

- What do I want to keep with me?
- What did this person give me that still matters?
- What ritual helps me feel close and grounded?

Small moments
can hold
a lot of love. ♥



Want to know more?

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Hope still belongs here. ♥