

# Strong feelings

When someone dies suddenly it's normal to have all sorts of feelings that you don't normally have. As well as feeling sad, you might feel angry, or jumpy, or just very down, or lots of other strong feelings. It can feel very confusing.

Other people close to you probably have strong feelings too. This might be the first time you see a grown up really sad and upset.

You, and people around you, might feel differently at different times. Understanding this can help you all to help each other.

Later in this book we are going to show you some of the feelings you might have and give you tips about how to feel better.

Feelings like these can make you feel very worn out or even scared. It can feel like you are in a long black tunnel and life is never going to get any better.

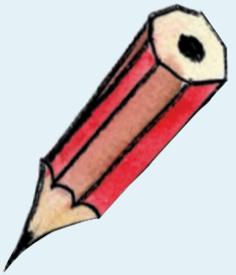
Things will get better. When I felt worst, I tried to remember that this is probably the saddest I will ever feel in my whole life. I knew that good things would happen in the future and that I wouldn't feel this sad forever. I hope I'm going to have a long and happy life!



# What happened?

Sometimes it's obvious what happened. Sometimes, it isn't.

You can write down what you know here:



Where did it happen? \_\_\_\_\_

Who was there? \_\_\_\_\_

What do we think happened? \_\_\_\_\_

My dad died when my family were on holiday. We'd had a lovely day at the beach and had just got back to our tent when my dad said his chest really hurt and he fell down. An ambulance came and took him to hospital. The doctors couldn't save his life. They said his heart was too poorly to keep working.

My mum and sister died when another car crashed into our car. I was in the car too and broke my arm and had to go to hospital. I knew my mum and my sister were badly hurt because they were very quiet after the crash. I didn't want to believe it when my dad told me they had died.



What don't we know? What would we like to know?