



## All Sorts of Roles

We are more than one note...

We all play different roles in our relationships.

Set a timer for 5 minutes. Think about the roles of your Loved One in your life, the roles you play in life and the roles that others are stepping into that are now void due to your loss.

**Loved One's Roles**

Remain Void/Fill By

**Your Roles**

Continue/Fill By