



## Thoughts From Teens About Death and Grief

*(Note: The following thoughts can be used with a group or with individuals to help them understand the impact of death on teens, and some things they typically think, feel, and experience.)*

"It makes me mad when people say, 'Everything's going to be OK,' or, 'Don't cry,' or 'Don't be sad!'"

"I didn't expect that I would ever not be able to call her or see her or talk to her again. So many things are still in my future, and I always expected her to be there with me and for me."

*After the death, the most difficult part was...*

- "Not seeing him every day and talking to him."
- "Adapting to life without my mom—she was my best friend."
- "Going to school with the weight of thinking about it."
- "Realizing my hero was gone forever."

"My friends didn't know what to say."

"My friends came to the funeral but didn't understand."

"I lost some of my friends because they didn't know what to do."

"My family is missing a big part. It feels empty."

"After the death, my family fell apart. My sister and I were expected to grow up fast."

"I'm angry about how many regrets I have."

"I was angry every time I see my mother and my sister cry and seeing their pain that I can't take away."

*The day I found out...*

- "I was in shock."
- "I didn't understand."
- "I was numb."
- "I couldn't believe it had happened."

"After the accident I was scared. I was scared to grow up without my dad."

"After my dad died, I was afraid I would become an orphan if my mom died."

"I pretended to be strong. No one would have guessed the turmoil inside of me."

"I just want to be normal again."