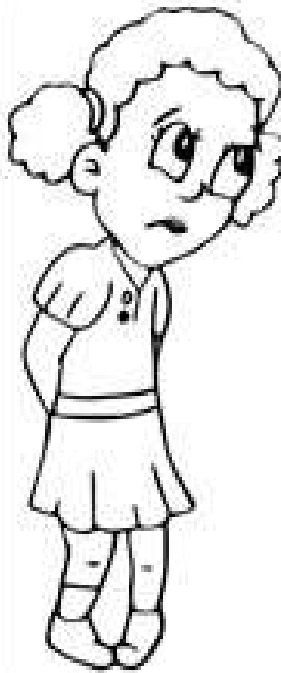


# What I Need

Whenever you're grieving, it is OK to ask for help from others. Use this worksheet to write down what others can do to be helpful to you.

**What I need  
from family...**



**What I need  
from friends...**

**What I need from others...**



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