

Memory Box

for timeless treasures



Kim Sorrelle

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Grief can be overwhelming. Creating a Memory Box can help you manage your grief, fully experiencing it one day at a time.

- 1 Find a box with a top. Take some time and pick out the one that is right for you.
- 2 Gather some items that remind you of the person who passed. Pictures, jewelry, letters, drawings, whatever you want and put it all in your box.
- 3 Put the cover on your box and put it on a shelf.
- 4 Once a day, set a timer for 15-30 minutes. Take your box off the shelf. Open it up and grieve fully as the items fill your heart with special memories.
- 5 Put it all back into the box and put the box back on the shelf

With the help of a Memory Box, you experience your grief bit by bit. Step by step, you climb closer to the top of it. It may be tough to imagine days without constant sadness now, but I promise they will come.

When you find yourself going a day without opening your memory box, it's not bad; it's a sign of progress. Grief has its season, and while you can't predict how long it will last, know that a new season is waiting.

Let yourself grieve deeply and for as long as needed, then let yourself get on top of it. Life is a precious gift. Embrace each day, savor moments, and let joy start seep into the space held by grief.

Gradually, grief fades as joy grows. Eventually, your grief transforms into something unexpectedly beautiful, like a caterpillar evolving into a beautiful butterfly. The darkness of grief yields to the brightness of a summer sun, warming your heart and illuminating cherished memories.

Your memories are yours forever, untouchable, just like the anticipation of reuniting someday."

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