



***Unfinished Conversation:
Grieving and Healing after a Loved One's Suicide
A Guided Journal***

By Robert Emile Lesoine, MA Ed.
with Marilynne Chöphel, MFT

Table of Contents

Prologue

Journal Exercises:

Beginning your Journal
First Reactions
Survivor's Tool Kit

Chapter 1: Shock and Disbelief

Journal Exercises:

Telling Others
The First Day
Beginning the Conversation

Chapter 2: Disregarded Warnings

Journal Exercises:

Signs of Suicide
Contributing Factors
Last Contact
Remorse and Regret

Chapter 3: Unanswered Questions

Journal Exercises:

Creating an Altar
Why?!
Attitudes toward Suicide
Remembering Shared Pleasures
Meditation

Chapter 4: Delving Deeper

Journal Exercises:

Fear and Fearlessness
Depression as a Disease
Physical Pain
Treatment and Medication

Chapter 5: An Absence

Journal Exercises:

Your Loved One's Place
The Means
Individual Ways of Grieving

Chapter 6: Farewells

Journal Exercises:

Suicide Notes
Continuing in Another Form
Words of Inspiration
Gathering to Say Farewell

Chapter 7: Getting Real

Journal Exercises:

Creating Dialogues
Talking about the Hard Stuff
Unfinished Business
Staying Connected

Chapter 8: Emotional Roller Coaster

Journal Exercises:

A Prayer for Your Loved One
Crying
Break in Belonging
Highs and Lows

Chapter 9: Trying to Understand

Journal Exercises:

Becoming Curious
Relationship with Animals and Pets
Grieving Around Strangers
Transforming Shame

Chapter 10: Gaining Perspective

Journal Exercises:

Depression and Reprieves
But Things Were Getting Better
Further Investigations

Chapter 11: Transitional States

Journal Exercises:

Being In-Between
Positive and Negative Influences
Their Soul's Mission
After Death Beliefs
Peace. . . Be Still

Chapter 12: Revealing the Shadow

Journal Exercises:

Your Loved One's Shadow
Gifts of the Shadow
Exploring Your Own Dark Side

Chapter 13: Gathering to Remember

Journal Exercises:

Remembering or Creating a Memorial
The Uncensored Eulogy

Chapter 14: Abandoned

Journal Exercises:

Reflecting on Dreams
Betrayal and Desertion
Remembering through a Song or Poem

Chapter 15: Missing Pieces

Journal Exercises:

Relationships: Love and Challenge

Questions for Others

Finding Supportive Connection

Chapter 16: Tracking the Unraveling

Journal Exercises:

Life Review

Defining Moments

Qualities and Contributions

Chapter 17: Turning Point

Journal Exercises:

The Healing Story

The Power of Place

Gifts and Lessons

Turning toward Acceptance

Reviewing Your Journal

Chapter 18: Discovering Inter-being

Journal Exercises:

Living on Inside You

The Changing Conversation

Forgiveness

Evolution of Grief

The Good-bye Letter

Epilogue: Saying Goodbye to My Buddy

Journal Exercises:

The Gift of Grieving Again

Re-Creating the Final Hours

On-going Conversation

Paying It Forward

Reclaiming Your Life

Appendix:

Survivor's Tool Kit

Self Awareness

Supportive Resources

Fellow Travelers and Guides

Emotional Weather Barometer

Map of the Territory of Grief

Inner Compass

Instructions for Meditation

Tonglen Meditation

Resources for Survivors of Suicide

Resources for Suicide Prevention

Readings to Support Your Journey

Resources for Health Professionals

About the Authors