

# LOSS OF A PARENT SERIES

## WHAT YOUR PARENT TAUGHT YOU

*Recognizing the Lessons and  
Love That Remain With You*

Lessons | Values | Memory | Love

A parent can teach us in ways we notice immediately and in ways we understand only later. Their words, example, work ethic, humor, faith, kindness, resilience, or way of loving may still guide you. Remembering what they taught you can bring comfort, but it may also bring longing for one more conversation. You do not have to turn their life into a perfect lesson. Simply notice the values, wisdom, and love that became part of you through knowing them.

*The lessons they gave can remain a quiet part of who you are.*

### 1 LESSONS IN EVERYDAY LIFE

- They may have taught through ordinary words and actions.
- A habit, saying, or example may still guide you.
- Small lessons often become part of who we are.
- Their influence can show up in unexpected moments.

### 2 VALUES THEY MODELED

- Kindness, hard work, faith, humor, and generosity may stand out.
- You may recognize their values in the way you live.
- Values can be passed on without being spoken aloud.
- Their example can continue to shape your choices.

### 3 WISDOM YOU STILL HEAR

- You may remember advice they gave or questions they asked.
- Their voice may come to mind when you need direction.
- You can carry their wisdom without needing all the answers.
- Longing for their guidance is part of love.

### 4 WHAT YOU LEARNED ABOUT LOVE

- Their care may have shown you how to show up for others.
- You may have learned love through small daily acts.
- Even imperfect relationships can teach meaningful things.
- Love can leave a lasting imprint.

### 5 STRENGTH AND RESILIENCE

- You may remember how they faced hardship or change.
- Their courage may inspire you in your own difficult moments.
- You can draw strength from what they modeled.
- You do not have to do everything the way they did.

### 6 PASSING IT FORWARD

- Share their lessons with your children, family, or friends.
- Use a story to teach something they believed in.
- Let their values live through your actions.
- Passing love forward can be a gentle tribute.

### 7 MAKING ROOM FOR COMPLEXITY

- Not every lesson from a parent was easy or helpful.
- You can choose what to carry and what to release.
- Honoring them does not require denying your truth.
- Your own values and identity matter, too.

### 8 THE GIFT THAT REMAINS

- Their influence may be woven into your life in many ways.
- You may recognize their love in the person you have become.
- Their lessons can remain close without holding you back.
- Love can continue to guide what comes next.

### A GENTLE REMINDER

*The lessons and love they gave can remain part of the person you are becoming.*



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*Love remains part of every step forward.*

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