

LOSS OF A SPOUSE SERIES

CONTINUING BONDS

STAYING CONNECTED TO YOUR SPOUSE

Honoring a Love That Remains Part of Your Life

Memories | Rituals | Love | Meaning

Love can remain a meaningful part of your life.



The relationship with your spouse does not simply disappear because they have died. Many people find comfort in staying connected through memories, traditions, stories, conversations, and the ways their spouse's love continues to shape daily life.

There is no one right way to carry this bond forward. What matters is what feels meaningful and supportive to you.

Love does not have to end in order for life to continue.

You may carry your spouse with you in ways that feel true to your heart.

1 WHAT IS A CONTINUING BOND?

- It is the ongoing connection you feel with someone who died.
- It can be expressed through love, memory, and meaning.
- There is nothing wrong with still feeling close to your spouse.
- Your bond may change, but it can remain important.

2 SPEAKING THEIR NAME

- Saying their name can keep their memory present.
- Share stories with people who welcome them.
- Let others know when you want to talk about your spouse.
- Their life deserves to be remembered.

3 KEEPING MEANINGFUL RITUALS

- Light a candle on a meaningful day.
- Cook a favorite meal or continue a shared tradition.
- Visit a place that holds a special memory.
- Small rituals can offer comfort and connection.

4 TALKING TO YOUR SPOUSE

- Some people speak quietly to their spouse in private moments.
- You may write letters or keep a journal of what you wish to share.
- This can be a natural expression of love.
- Let the practice be as simple or personal as you need.

5 CARRYING THEIR INFLUENCE

- Notice the values, habits, or wisdom they shared with you.
- Their influence may appear in how you care for others.
- You may make choices with their memory in mind.
- Love can continue to guide you.

6 MAKING SPACE FOR MEMORIES

- Keep photos, belongings, or stories that feel comforting.
- You do not have to decide what to keep all at once.
- Memory can bring both tears and warmth.
- Take only the steps that feel manageable.

7 SHARING THE BOND WITH OTHERS

- Invite family or friends to remember them with you.
- Mark birthdays, anniversaries, or traditions in your own way.
- Let people know when remembrance would be meaningful.
- You do not have to hold every memory alone.

8 LOVE ALONGSIDE LIFE

- Continuing your life does not mean leaving your spouse behind.
- You can make room for joy while still missing them.
- Your bond can be part of who you are becoming.
- Love remains part of the story.

A GENTLE REMINDER

Your spouse's place in your heart can remain meaningful as life continues.



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