

Losing your Life Witness

"We need a witness to our lives. There's a billion people on the planet. I mean, what does any one life really mean? But in a marriage, you're promising to care about everything. The good things, the bad things, the terrible things, the mundane things. All of it, all of the time, every day. You're saying 'Your life will not go unnoticed because I will notice it. Your life will not go un-witnessed because I will be your witness'."
- From the movie, *Shall We Dance*

When we lose someone close to us, we also lose the valued role they played as a witness to our lives.

Whether it's the childhood stories that only a family member can recall or the way that your spouse's loving view of you positively impacted the way you viewed yourself, life witnesses are a foundational component of our identities.

So how can we honor the value of the witnessing they have done after they die?
Here are two ideas to get you started:

What did that person say they loved the most about you
(or what do you imagine they would say if asked)?

What is one way you can appreciate and express those qualities in your life now?

Remember that you were a life witness to your loved one, too.

What qualities or values did you admire most about them?

What is one way you can carry those qualities or values on in your life now?

For more ideas and discussion on this topic, please consider joining the upcoming "Who am I now? Identity after Loss" virtual group.

To register, please visit <https://www.surveymonkey.com/r/2021SFprograms>.