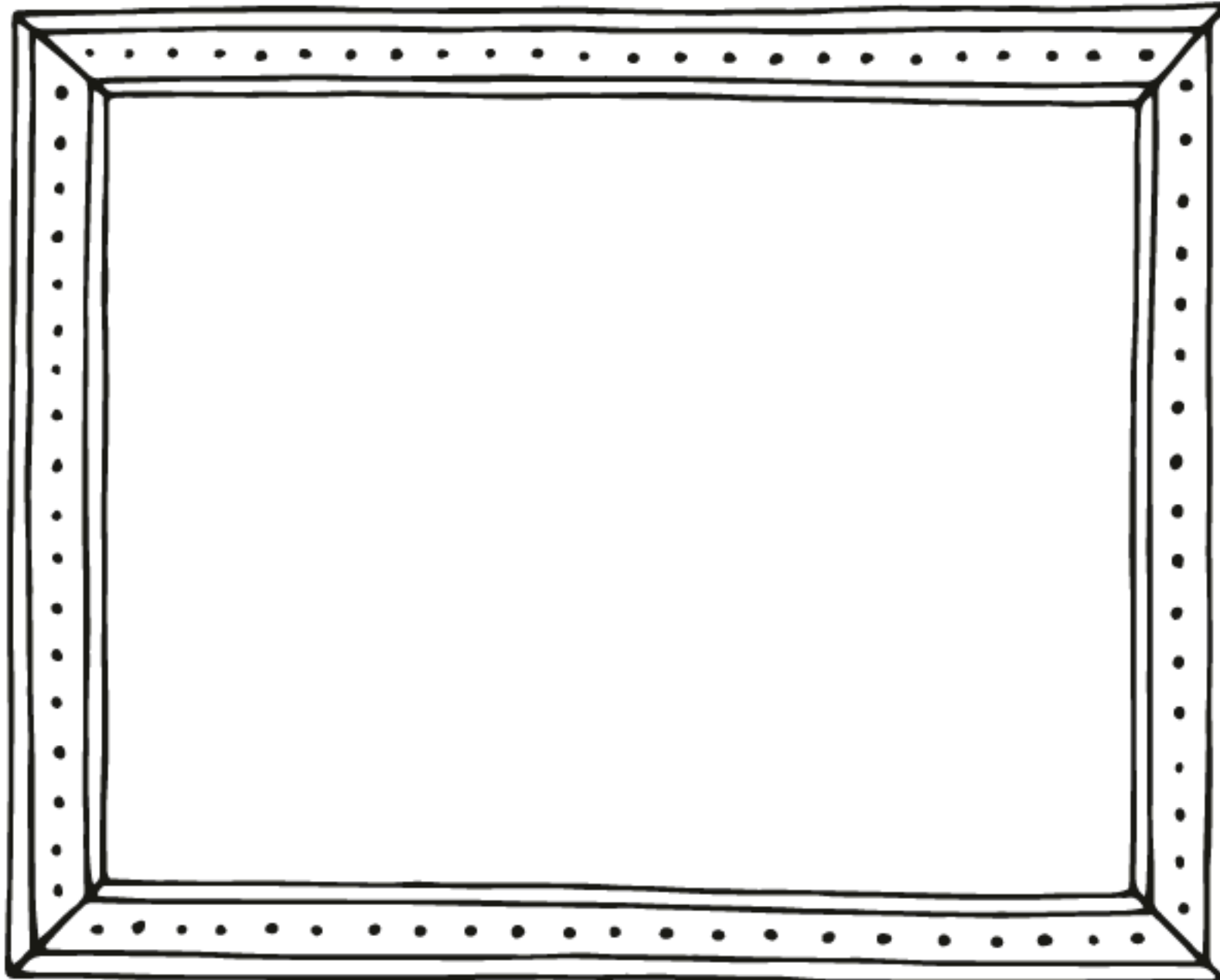


# me myself & I

Most people feel a different person following the death of a parent or brother, sister. Find some magazines, newspapers, drawings, print images. Cut out any words or pictures that describe the 'old' you. Stick them on this page. What about the 'new' you?

**"I have to look after  
others now.  
I've no time for myself."**

Cathy, 12 when Mum died.



**Me Before**



**Me After**