

# Memory Frustration Grounding Tools

## Remember

This is not on purpose.

They're confused.

Tone > words.

They're still in there.

Forgive them.

Forgive you.

You're not doing it wrong.



## Tips

Pause, does it matter?

Stay calm.

Redirect gently.

Keep it simple.

## **Understand**

Fear ≠ anger.

Routine soothes.

Track triggers.

Celebrate clarity.

## **Take Care of Yourself**

Take a break.

Ask for help.

Write it down.

Grieve.

Call a friend.



An End of Life Chicago resource  
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