It’s weird how your life can change in an instant. One moment, you’re hanging out with friends, listening to music, playing video games, and doing your own thing. The next thing you know—bam! Your life has changed forever.

Someone you loved just died. I’m so sorry that happened to you. Your heart just aches, doesn’t it?

It’s weird how the world kind of stops the second after you hear the news. Everything you know becomes so different, even if you knew the
death was coming. Often, doctors and nurses know when medicine isn’t working for a patient anymore and can help you and your family get ready for it. The patient also could have been very, very old and close to passing away. Even if you were expecting it, the news still makes you suck in your breath and your head spin.

If the news comes out of the blue, well, that’s even worse. Those words hit you like a tornado. Maybe you don’t believe it. Someone has to be playing a really mean joke, you think. Or maybe you feel like you can’t breathe, as if someone has punched you in the stomach.

Yeah, you know what I’m talking about.

It’s weird how adults you know and trust might be crying (or looking like they are about to
cry but not shedding any tears), how the phone keeps ringing, or how people are staring at you and constantly asking you if you’re okay.

All you want is to be left alone, and when someone asks you for the 27th time if you’re okay, you just want to scream, **No, I’m NOT okay! Someone I loved isn’t around anymore!**

This book of lists was created to help you through all of this stuff that is so scary, different, and strange. Why a book of lists? Isn’t that just weird? Well, sort of, but I know people your age don’t really love reading lots of pages filled with long, boring sentences. Maybe looking at a list will help you make sense of stuff that sometimes doesn’t seem to make any sense at all. Admit it, lists are also kind of cool . . . as long as they aren’t lists of school assignments or chores!

I wish someone had written lists for me when I was going through some of the same things you are. Maybe knowing some of this stuff would have helped me the same way that I think this book will help you.
Each of these lists will help you get through the hours, days, weeks, and months to come. If you want to, you can check off the things on each list that you are feeling or the weird things that are happening in your life. That way, you’ll have something to do while you’re reading. Go grab a pencil and we can get started.