

How do you cope with your mad feelings?

What makes you feel worse when you are
grieving?

What have you learned about yourself since your
loved one died or left?

What can you do to help yourself when you are
scared?

What have you learned about death or loss?

What helps you feel better when you are sad and
lonely?

Tell something new you've discovered about
yourself.

What makes you feel better when you are
grieving?

Name 3 things you can do to feel better when you
are down.

What have you learned about life?

Who do you go to for support when you need it?

What have you learned about your family and
friends?

What didn't you like about the person who died or left?

When do you miss your loved one the most?

Tell one good memory and one sad memory you have about the person.

What would you say to your loved one if you could be with him or her one more time?

Name 3 activities that you enjoyed doing with your loved one.

How will your favorite holiday be different without your loved one?

What would your loved one say to you if he or she were here right now?

Tell a funny story you remember about your loved one.

What do you do on special days to remember and honor the person who died?

What things can you do when you want to remember the person who died or left?

How are you like the person who died or left?

Tell a special memory about the person who died or left.

Name a gift you would like to give yourself.

Name a new sport or hobby you would like to take up.

If you could plan a special trip, where would you like to go?

Name a book or movie you would like to read or see and explain why.

Tell about a special dream you have for your life.

If you could have a special pet, what would it be? What would you name it?

Tell about a new friend you made along your grief journey.

What change would you like to make in yourself during the next year? How would you do it?

What do you want to be when you grow up?

Think of something new you would like to learn and tell about it.

Name 3 wishes you have.

Name someone you would like to get to know better and how you would do this.

What kinds of things make you scared?

How did you first feel when your loved one died or left?

How many feelings can you name?

Have you ever felt guilty? If so, tell about it.

What makes you mad about your loved one's death?

Name 3 things that worry you.

Is it OK to cry?

What makes you sad and what can you do to feel better?

What are some ways to express anger without getting into trouble?

Describe a time when you were nervous.

How do you feel right now?

Can you feel 2 feelings at once – like happy and sad?

Tell 3 things about the person in your life who died or is gone.

What was your loss, and how did your family members react when they heard about it?

What were you doing on the day that your loved one died or left?

Tell the story about how the person in your life died.

Tell about a time when you lost a good friend.

Have you ever lost a pet? What was its name and what happened to it?

How many different kinds of losses can you name?

How did you learn about your loved one's death?

Have you ever been to a funeral or a memorial service? What was it like?

Name 3 different kinds of losses you have experienced.

Do you know anyone whose parents are divorced? What is it like for them?

When, where, and how did your loss occur?

What has been the hardest part about losing the person you loved?

How do friends treat you differently since your loss?

List the changes that have happened in your life since your loved one died or left.

What kinds of changes have you and your family gone through in the past few years?

List 1 good change and one not so good change which has happened to you.

Tell about a challenge which you recently experienced and how you handled it.

How have you changed since your loved one died or left?

What changes are you looking forward to in the next year?

Name some natural changes that occur to all of us during our lifetime.

Name some changes you have seen in nature.

How would your friends say that you have changed and grown in the last year?

What has been the biggest challenge for you since the death?

How many stages of grief are there?

What do people think when they are in the acceptance stage?

What do people do when they are in the depression stage?

Name the first stage of grief.

What is a short way to name the three stages?