



Exploring Your Own Grief – Individual Meeting

Take a moment and reflect on these questions. It will not be collected. It is simply for your own self-exploration and to help you gain insight into your own grief and loss experiences and attitudes (use the back if needed):

1. When was your first loss experience or major life change? How old were you and what happened? What feelings did you experience? Who was there to support you? What messages did people give you about this loss/change?
2. When was your first experience with a death? Who died? How old were you and what happened? What feelings did you experience? Who was there to support you? What messages did people give you about this death? How was it the same or different from your first loss/change?
3. How old were you when you attended your first funeral, memorial, or family ritual around death? Who was this for? What do you remember experiencing, doing, thinking or feeling? What might have been confusing (if anything)?
4. What was your most recent experience with the death of someone close (who, when, and what caused the death)? What helped you cope?
5. What was the most challenging experience you've had around death (who, when, and what caused the death)? What was challenging about it?



6. In your life today, whose death would be the most difficult for you to deal with? What would be the most challenging thing about this?

7. How do you know when you are coping well? How do you know when you are not coping well?

8. What will be or is the most challenging thing about coping with your grief today or in the future?

Adapted from J. William Worden, Ph.D.: Personal Death Awareness: Grief Counseling & Grief Therapy: A Handbook for the Mental Health Practitioner