

Grief Reaction Paper (40 points)

1) Dealing with Loss:

Think back through your life to an event that represented a loss to you. It could be the death of a friend moving away, a home destroyed, the death of a pet, divorce of your parents etc.... Write a brief description of how you felt and how your life changed because of the loss. Describe how others treated you and how you wished you had been treated?

2) The Life Continuum:

Draw a line on a sheet of paper; this line represents your life as a continuum. One end represents birth and the other end represents death. Go back to your birth and come forward in time, making a mark and listing the age at which you experienced any type of loss. Write a brief description of each loss, how you felt at the time, and how the loss affected your life.

3) “What to Say” and “What Not to Say”:

On a separate sheet of paper brainstorm a list of what you might say to someone who is grieving a significant loss when you see him/her for the first time after the loss has occurred. Write a greeting and follow-up comments or topics of conversation. Decide if the statements belong in the Do's or Don't's and list them in the appropriate columns. For the Don't's column explain why the comment or topic is inappropriate and how it could be changed to make it more acceptable.

4) Fill in the blanks:

1. Death is...
2. Talking about death is...
3. I am /am not afraid of death because...
4. When _____ died, I felt...
5. When I think about the funeral, I feel...
6. Now when I think of _____, I feel...
7. One thing I regret when I think of _____ is...
8. If I could tell _____ one thing, I would say...
9. If I could ask _____ one thing, I would ask...

All answers should be on a separate sheet of paper!!!!!!