

Exploring Your Understanding of Grief

1. Personal Experiences

- Describe a significant loss you have experienced.
- How did you cope with this loss?
- What did you learn about grief from this experience?
- What have you said or what have you heard others say to someone that was grieving?

2. Family and Cultural Influences

- How does your family handle grief and loss?
- Are there any cultural or religious practices that influenced your understanding of grief?
- What messages about grief did you receive growing up?

3. Educational and Professional Background

- Have you ever taken a class or attended a workshop on grief?
- If you work in the behavioral health field, what training have you received about grief?
- How has your professional background shaped your understanding of grief?

4. Media and Literature

- What books, movies, or articles have influenced your views on grief?

- How have these sources helped or hindered your understanding of grief?

5. Support Systems

- Who do you turn to for support when grieving?

- How have friends, support groups, or counselors helped you navigate grief?

- What role does community play in your grief journey?