

"What we have once enjoyed deeply we can NEVER LOSE. All that we love deeply becomes a PART OF US."

- Helen Keller

"There are things that we don't want to happen but have to ACCEPT, things we don't want to know but have to LEARN, and people we can't live without but have to LET GO."

- Unknown

Grief and

LOSS WORKBOOK

"You GIVE YOURSELF PERMISSION to grieve by recognizing the need for grieving. Grieving is the natural way of working through the loss of a love. Grieving is NOT WEAKNESS nor absence of faith. Grieving is as natural as crying when you are hurt, sleeping when you are tired or sneezing when your nose itches. It is nature's way of HEALING a broken heart."

- Doug Manning

Loss, Grief and Growth

“Life is a process of loss, change, and growth. Understanding loss issues can make them more predictable and therefore less frightening. Through grief we can grow in inner and outer strength, and healing can take place.”

Dr. Linda Goldman

Loss is to be separated from and deprived of a valued person, object, status or relationship.

Grief is the “whole person” response to loss and includes feelings, thinking, physical symptoms, social changes, and spirituality.

Grieving is the process of responding to the loss and adapting to the loss. Grieving is a normal, healthy response. Grieving is not something to “get over.” A person does not need to “recover from” grief/grieving.

Bereavement refers to the state of having experienced a loss.



Myths about Grief Quiz

Directions: Read the statements below and circle whether you think the statements are a myth or reality. Then turn to the next page and read the answers. After reviewing the answers, answer the questions below.

Myth / Reality

Time heals all wounds.

Myth / Reality

Keeping busy will help you recover from your grief.

Myth / Reality

Crying is a normal way to express grief.

Myth / Reality

You'll get over your grief eventually.

Myth / Reality

Everyone goes through the same feelings of grief.

Myth / Reality

Talking about the deceased person can help those who are grieving.

Myth / Reality

Helping someone deal with a loss is not always a personal, family responsibility.

- 1. What did you learn about grieving from this exercise?**
- 2. What surprised you the most to learn?**
- 3. How can you use what you learned in this exercise to help you grieve in a realistic and healthy way?**

Myths about Grief Debunked

Myth: Time heals all wounds.

Reality: Grief is an ongoing, ever-changing process. There is no set beginning or end to grief. Grief over a loved one's death may come and go over an entire lifetime.

Myth: Keeping busy will help you recover from your grief.

Reality: Maintaining social and personal relationships can be healthy and helpful during the grieving process—when the person is ready. It is not helpful to pressure a person to remain busy. Not only may this interfere with a person's grieving, it may also make him or her feel like you are trivializing the loss.

Myth: Crying is a sign of weakness.

Reality: Crying is a healthy and natural way to grieve. At the same time, not everyone feels the need to cry to express their grief; some people may use laughter and joking around to express their grief.

Myth: You'll get over your grief eventually.

Reality: Losing a loved one is a life-changing event that is never truly "gotten over" but rather accepted and incorporated into life in a way that lets the individual move ahead.

Myth: Everyone goes through the same feelings of grief.

Reality: While there are certain stages of grief that many people experience, each person will grieve in a different way, based on their social, cultural and personal experiences.

Myth: Talking about the deceased will only make it worse.

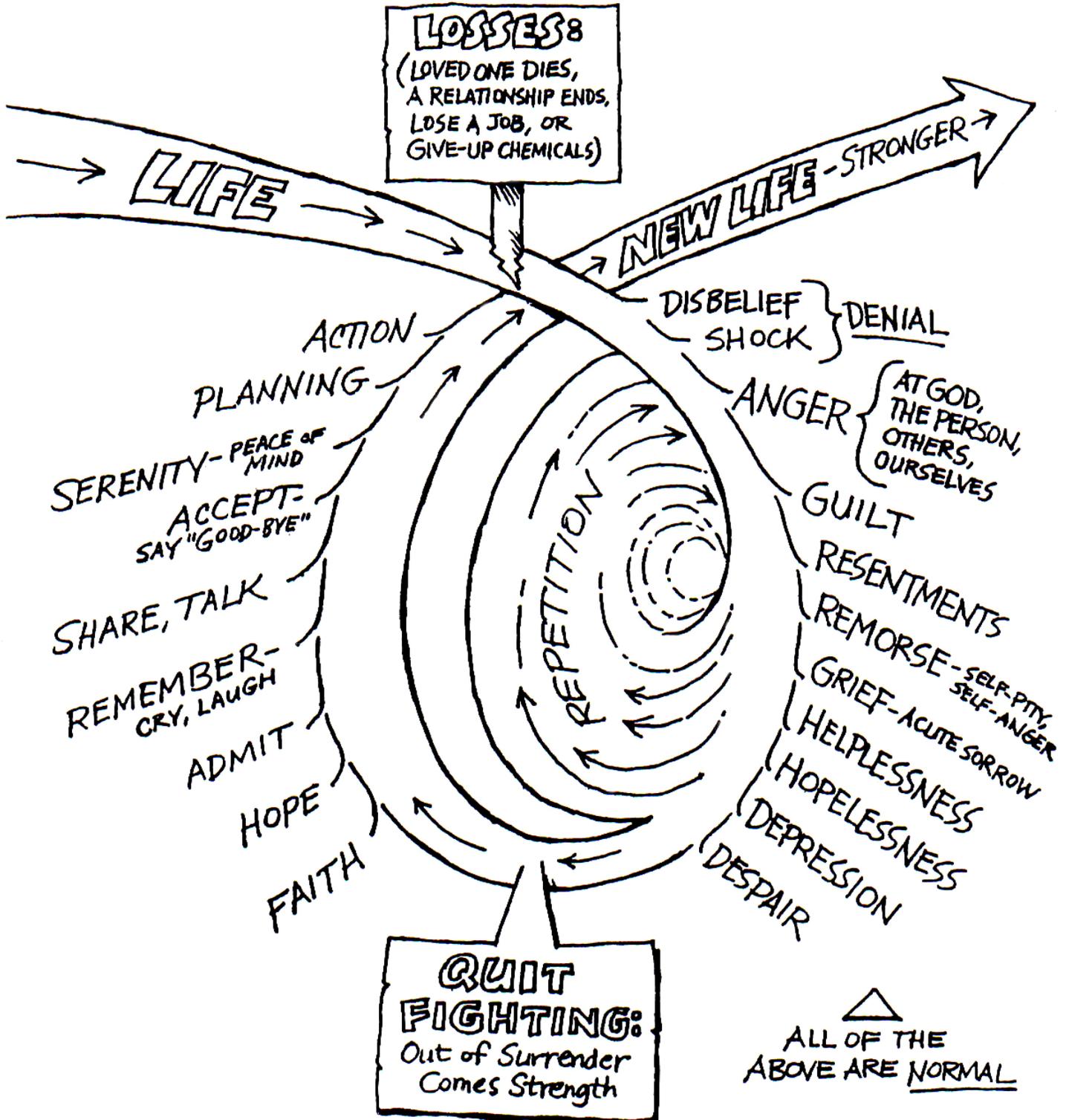
Reality: Sharing grief is an essential part of the bereavement process. The best thing anyone can do to help someone who has experienced a loss is to be available to *listen*.

Myth: Helping someone deal with loss is a personal, family responsibility.

Reality: Often family members are also in mourning, which may impede their ability to support other family members. Never assume that someone has enough support—you can never have too much help in a time of crisis.

The Loss Cycle

The Normal Cycle for All Losses...



DENIAL - ANGER - DEPRESSION - ACCEPTANCE - RECONSTRUCTION
(BARGAINING TAKES PLACE ALL ALONG)

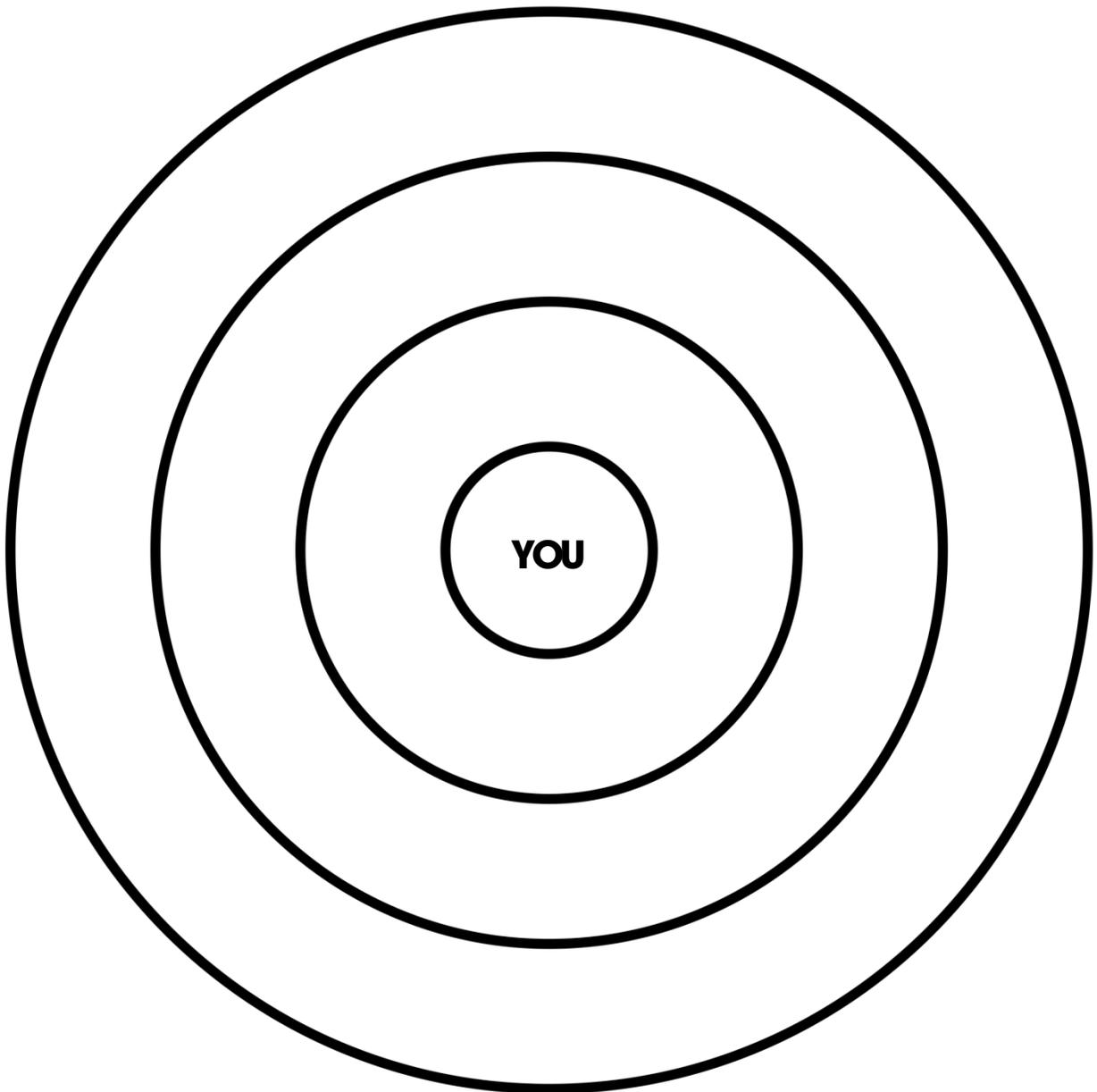
Possible Losses

Directions: Below is a list of possible things you may have lost in your life. Each item is numbered with numbers 22-25 being left blank for you to add any losses you may have experienced that are not already listed. First circle any losses that you have experienced from numbers 1-21. Second, list in numbers 22-25 any losses you have experienced that are not already listed in numbers 1-21.

1. A dream you wanted to accomplish
2. A pet
3. A relationship (boy/girlfriend, sibling, best friend)
4. A body function or ability
5. Familiar environment
6. Self-respect
7. Home
8. Your sexual freedom (due to rape, abuse, etc.)
9. Positive regard from peers
10. Security
11. Being a part of a group/organization
12. The trust of your parents
13. A family member (death)
14. Personal belongings
15. Confidence in yourself
16. Childhood (e.g., You had to always take care of younger siblings; for some reason you were made to be responsible for adult duties earlier than most children)
17. Your role in your family
18. Your job
19. Faith in your spiritual beliefs (God, church, higher power)
20. An object close to you (car, toy, keepsake)
21. Foster home placement
- 22.
- 23.
- 24.
- 25.

The Big Picture

Directions: Below is a bullseye with “you” in the middle. Take the numbers you circled on the **Possible Losses** exercise (see previous page) and place them close, semi-close, or far away from you depending on how far away you *feel* you are to that particular loss. This will help you see the **BIG** picture of what losses you have experienced and how close you feel each is to you.



My Story

Directions: Below is a fill-in-the-blank story about your loss. Fill in the blanks with your thoughts and feelings about your loss when it happened and now.

What I lost in my life is _____

The cause of the loss was _____

I found out about the loss when _____

After the loss, I believe my loss is _____

My first feeling was _____ because _____

Now I feel _____ because _____

What makes me most angry is _____

I worry about _____ because _____

The hardest thing about school is _____

_____ because _____

My friends are _____

The adults in my life tell me _____

What helps me most is _____

What helps me the least is _____

Stages of Grief

Directions: Below are the stages of grief that one experiences while going through a loss. Take your time and read through each stage, becoming more familiar with and understanding each stage.

Denial and Isolation: The onset is usually triggered by the shock of some unexpected news. This stage allows you to collect yourself and, with adequate time, to mobilize other, less radical defenses.

Anger: Anger occurs for individuals usually when they can no longer live in the make-believe world of denial. The reality that the unexpected news is most probably true results in anger. This anger can be directed in many different ways. Sometimes your general demeanor is one of low tolerance leading you to become frustrated more easily than you normally would. Others experience anger toward specific people or things (e.g., God or your Higher Power, parents, friends, whatever or whoever was lost, etc.).

Bargaining: Bargaining is an attempt to postpone acceptance of the loss you have encountered. Bargaining is expressed when you try and make a deal with God or your Higher Power for the exchange of one thing or person for another. *Example: Billy Bob's grandmother dies. Billy Bob tries to get God to make a deal with him to return his grandmother. He may promise God that he'll do whatever God wants if only God will return his Grandmother to him.* Another example may include that you may bargain with yourself. *Example: Your father abuses you and is taken to prison for doing so. You are going through the stages of grief over losing your father. Although he abused you, you realize you still love him because he is your father. You may bargain with yourself by saying if I will only behave well for mother and send letters to Dad and the prison warden, my dad will get out of prison and come back to live with me.*

Depression: This is used to help individuals prepare for truth concerning the loss they have experienced. At this stage, reassurance and encouragement by others is no longer as meaningful to the individual. In this stage, you may begin to feel the weight of the fact that the loss did actually occur, that you were powerless to prevent it, and that you feel hopeless in your life recovering from the loss.

Acceptance: At this point, the individual has worked through the other four stages and may be spending more time sleeping, in quiet thought, or in turning his or her focus inward. There may be a need to rework some of the other grief stages. You begin to realize that you are not responsible for the loss that has occurred in your life or that your part in the loss was not the ultimate result of the loss. An acceptance of the reality that life brings things and people into our lives and that life takes things and people out of our lives.

Range of Normal Grief Behavior

Directions: When grieving it is normal to express the grieving process through several means. Below is a list of physical, affective (feelings), behavioral (actions), and cognitive (thought processes) expressions that you may be experiencing. First, read over the following. Second, go through and circle each expression that you have.

Physical Expression:

- Hollowness in stomach
- Tightness in chest
- Overly sensitive to noise
- Breathlessness
- Muscle weakness
- Dry mouth
- Sense of depersonalization
- Numbness
- Fatigue, exhaustion
- Tightness or lump in throat

Affective Expression:

- Depression, sadness
- Anger, resentment, bitterness
- Shock
- Denial
- Guilt and shame
- Loneliness
- Helplessness, hopelessness
- Fearfulness, insecurity
- Relief
- Jealousy
- Impatience

Behavioral Expression:

- Sleep changes
- Appetite changes
- Forgetfulness, losing objects
- Social withdrawal
- Lacking motivation
- Crying, sighing, fainting
- Slowed movements, lethargy
- Tantrums, antagonism, verbal lashing
- Bizarre behaviors
- Excessive talking
- Overspending, overscheduling, overworking
- Rejection of those closest

Cognitive Expression

- Disbelief
- Confusion, disorientation
- Preoccupation with thoughts of the loss
- Hallucinations (visual, auditory)
- Attempting to make sense of the event
- Blanking of the mind
- Word repetitions
- Thinking about the past a lot
- Non-acceptance of the loss

Normal Grief versus Complicated Grief

Directions: Read the descriptions of normal grief and complicated grief experiences for teenagers. Circle the items that you are experiencing.

Normal Grief Experiences for Teenagers

Acting like the person who was lost or wearing their clothes or jewelry

Acting more childlike, include wetting the bed

Wanting to hear about what or who was lost repeatedly

Not wanting to talk

Becoming overly responsible

Taking care of others to avoid dealing with your own feelings

Trying to incorporate the loss into your identity

Becoming angry and lashing out for no reason

Being angry at people for the loss and then feeling guilty about being angry at them

Changing mood over tiny things

Having unexpected outbursts or crying spells

Denying the loss happened

Complicated Grief Experiences for Teenagers

Thinking about self-harm or suicide

Having trouble sleeping for an extended period of time

Taking dangerous risks or harming others

Having a lot of guilt that is inappropriate

Feeling tired or lacking energy for an extended period of time

Fantasizing about the loss having a different outcome to the extent that it interferes with day-to-day life

Experiencing fear that interferes with day-to-day life

Trying to take on the role of the lost person

Being preoccupied with the loss to the extent that it interferes with day-to-day life

Using drugs or alcohol

Responses to Grief Across the Lifespan

Directions: Although everyone responds to grief differently, there are often differences in the way grief looks for people of different ages. It can be easy to be frustrated by others who are grieving in a different way than you. Responses to grief depend on the people's ability to understand the situation, their concern about other people's well-being, their desire to protect others, what the changes in their home life include, how their roles and expectations change, how supported they feel, what stage of grief they are in, and what their concerns about the future are. So, this guide can help you understand how people older and younger than you are likely to experience grief.

Infants and toddlers: Before age 3

The very young have little understanding of the cause or finality of death, as illustrated by a belief that leaves can be raked up and replaced on a tree. They are most likely to react to separation from a significant person and to the changes in their immediate world. Toddlers are curious about where things go and delight in disappearance and reappearance games such as "peek-a-boo." Their distress at the changes in their environment following a loss are displayed by:

- crying
- change in sleep and eating habits
- searching

Preschoolers and young children: 3-5 years old

With language and learning comes an interest in the world and children this age are full of questions, often repeated. They try to use newly acquired information. A 4-year-old on a plane for the first time looks out the window and asks "We're in heaven -- where are all the people?" They focus on the details of death and may also personalize the experience, perhaps by incorrectly perceiving the cause as stemming from them. For them, being dead can mean living under changed circumstances, so even though a child has seen someone buried underground there may be concern for the person getting hungry. At this age, death is equated with punishment. But it is also seen as reversible; being dead means being still and being alive means moving. When playing cops and robbers, if someone is shot in "play," merely standing up makes you alive once again. Children this age are apt to be sad, angry, scared or worried and communicate these feelings in their:

- tantrums, fighting
- crying
- clinging
- separation fears
- regression to earlier behaviors (such as nightmares, bedwetting, thumb-sucking)
- magical thinking that the person can reappear
- acting and talking as if the person is still alive

Early school age children: 6-9 years old

Children this age have the vocabulary and ability to comprehend simple concepts relating to germs and disease. There is still a fascination with concrete details as a way to organize information. When asked what happens when someone dies, a 6-year-old replied, "like a special car comes and it picks them up; a special sort of station wagon that has no back seat on it." They have a sense of the importance of, and contributing factors to, personal health and safety. Yet their emotions and understanding can be incongruent. Therefore we see their less sophisticated beliefs such as in the power of their own thoughts to cause bad things to happen. They also personify death, thinking that a "boogey man" can snatch people away. They are most likely to display:

- anger
- denial
- irritability
- self-blame
- fluctuating moods
- withdrawal
- earlier behaviors
- school problems, such as avoidance, academic difficulty, lack of concentration

Middle school age children: 9-12 years old

By age 9 or 10, children have acquired a mature understanding of death. They know that: (1) it is a permanent state; (2) it cannot be reversed; (3) once you have died your body is no longer able to function; (4) it will happen to everyone at some time; (5) it will happen to them. This adult understanding can be accompanied by adult-like responses such as feeling a sense of responsibility, feeling different, being protective of others who have been affected, thinking certain emotions are childish or that they must put up a good front. The most common reactions are:

- crying
- aggression
- longing
- resentment

- isolation, withdrawal
- sleep disturbance
- suppressed emotions
- concern about physical health
- academic problems or decline

Early teens and adolescents

Clearly able to understand the significance of death, teens' responses are directly related to developmental tasks. As they struggle towards independence, they may feel resentful and unsure of themselves, yet pressured to fulfill an adult role. They have a view to the future, question their own mortality, ask themselves "what if?", think about ways life is changed forever, or anticipate events that will be different than imagined such as a graduation or wedding. They may be afraid of exposing their strong feelings and thus they may be denied or ignored and replaced by teenage rebellion. Common reactions include:

- numbing
- anger
- resentment
- anxiety
- guilt
- sense of increased responsibility
- self-involvement
- risk-taking and acting-out behaviors
- avoidance of feelings
- distance
- fear of death
- appetite and sleep changes
- physical complaint
- academic decline or apathy

The young adult: 20-40 years old

Young adults can be devastated by the death of a loved one during a disaster or crisis event. For example, losing one's child can be paralyzing for parents. Parental grief can be a long lasting and powerful experience, and is influenced by the developmental task expected by the parents. The parents might blame themselves for not protecting their child better during the disaster or crisis event. Their emotions might range greatly and include such things as loneliness, sadness, disbelief, anger, anxiety, etc. Young adults losing a spouse or partner might feel emptiness and isolation and their social connections might change as they are no longer a couple but an individual. Losing a spouse or partner at this age means not only grieving, but assuming the (often unfamiliar) responsibilities and roles of the deceased and may include helping children through grief.

The middle aged adults: 40–60 years old

Middle aged adults, similar to young adults, can be badly impacted by the sudden loss of a loved one during a disaster or crisis event. They might grieve the loss of their child(ren) and potential future grandchildren. They might feel guilty for not having been able to protect their child(ren). Losing a spouse or partner during a disaster or crisis event can leave middle aged adults with (often unfamiliar) responsibilities and roles, experiencing financial hardship, and/ or dealing with grieving children. Middle aged adults might grieve future plans for retiring together.

The elderly adult: 60 plus years

Elderly adults, depending on their age, have acquired memories, cognition, material things, accomplishments, spiritual realizations, and losses. They often have experienced multiple losses, such as jobs, health, independence, social roles, familiar living surroundings, and loved ones. Although loss is often expected during this age, unexpected losses of child(ren) and/ or spouses or partners during a disaster or crisis event can be detrimental, since children are often also caregivers. Loss of a spouse or partner might result in feeling more dependent on others. Often the elderly adult lacks the social support needed, which can be detrimental during this time.

Coping With Grief

Directions: People cope and grieve differently. Below are some coping skills that many people find helpful. Read through the list and circle the coping strategies that you feel would best fit *your* interests and abilities. Place a check mark by the top 4 of the ones you circled that you will be incorporating into your recovery.

- Seek trusted friends.
- Allow comfort of hugs and embraces.
- Take time to be aware of your emotions. Release emotions (e.g., cry or scream into a towel or pillow).
- Be cautious of following all advice.
- Cry whenever and as often as you like.
- Talking is a good release.
- Write down thoughts and feelings.
- Seek gentleness.
- Treat yourself to something.
- Realize normal expression of grieving.
- Start a physical activity (chores, sport, hobby).
- Take time to listen to music while relaxing.
- Analyze entire situation.
- Know sadness and hopelessness will leave.
- Do not overextend yourself.
- Do not try to escape your situation.
- Acknowledge the loss.
- Do not rush into new serious relationships.
- Force interest outside of your family. Join a club, group, or church.
- Realize recovery must come from within.
- Volunteer. You are needed.
- Do not block the loss from your mind. It's okay to think about the loss.
- Meditate or pray daily.
- Get a physical checkup.
- Get finances in order.
- Make small decisions.
- Wait 6 months before making any big decisions.
- Study something.
- Write out a plan for your future.
- Set priorities.
- Act on priorities.
- Schedule daily enjoyment.
- Write to friends.
- Get out and do something you enjoy (e.g., shopping, going to a movie, bowling).
- Accept invitations.
- Make new friends.
- Visit your current friends.
- Value past enjoyable memories.
- Express your gratitude.
- Pursue challenging hobbies.
- Respond to others. Be social.
- Disregard criticism.
- Have courage to maintain your convictions and values.
- Keep appearance tidy.
- Other ideas:
 -
 -
 -
 -
 -

Grief Recovery Worksheet

Directions: Referring back to the Possible Losses page, list the losses you have experienced, which stage you think you are currently at with each loss, your thoughts, your feelings, and the person, place, or thing you typically direct your feelings toward.

<u>Loss</u>	<u>Current Stage</u>	<u>Thoughts</u>	<u>Feelings</u>	<u>Direction of Feelings</u>
E.g., My job	Depression	I'm such a loser. I never do things right.	Sadness, anger	I took it out on one of my siblings.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Directions Continued: Once you have completed the above, take some time to consider how you might need to redirect your feelings or thoughts. Also take some time and consider if there is anyone with whom you may need to communicate about your thoughts or feelings to help you proceed through the grieving process (e.g., person with whom you're angry, God or Higher Power, friend, family).

How to Redirect my Thoughts

E.g., I got an A on a test, so I can do something well.

How to Redirect my Feelings

I can journal about my feelings instead of yelling at my siblings.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

People who can help me:

Progressing Through My Loss

Directions: Draw a picture or write a journal entry, song, or story about how you felt when you first found out about the loss.

Directions: Draw a picture or write a journal entry, song, or story about how you feel now when you think about the loss.

Directions: Draw a picture or write a journal entry, song, or story about how you can continue along your grief journey.

A Grieving Teen's Bill of Rights

Directions, Part 1: Below is the Bill of Rights of a grieving teen according to The Dougy Center. Read them and answer the questions that follow.

A grieving teen has the right

- ❖ To know the truth about the death, the deceased, and the circumstances
- ❖ To have questions answered honestly
- ❖ To be heard with dignity and respect
- ❖ To be silent and not talk about her or his grief emotions and thoughts
- ❖ To not agree with others' perceptions and conclusions
- ❖ To see the person who died and the place of death
- ❖ To grieve any way he or she wants without hurting self or others
- ❖ To feel all the feelings and to think all the thoughts of his or her own unique grief
- ❖ To not have to follow the "Stages of Grief" as outlined in a high school health book
- ❖ To grieve in one's own unique, individual way without censorship
- ❖ To be angry at loss, at the lost person or thing, at God, at self, and at others
- ❖ To have his or her own theologic and philosophic beliefs about life and death
- ❖ To be involved in the decisions about rituals related to the loss
- ❖ To not be taken advantage of in this vulnerable mourning condition
- ❖ To have irrational guilt about how he or she could have intervened to stop the death

1. Which of these rights are most important to you?

2. Do you think you have these rights?

3. Are there other rights that you think you should have. If so, what are they?

Directions, Part 2: Now, share this with your parents or guardians and find ways that all of you can work together to make sure your rights are respected.

Say Not in Grief

Directions: Read the poem “Say Not in Grief” by Rabindranath Tagore below and then answer the questions that follow.

“Say Not in Grief”
Say not in grief that she is no more
but say in thankfulness that she was
A death is not the extinguishing of a light,
but the putting out of the lamp
because the dawn has come.
-Rabindranath Tagore

- 1. What thoughts and feelings do you have when you read this poem?**
- 2. Is it a sad or a happy poem? Why?**
- 3. What does “extinguishing” mean and how does it relate to loss?**
- 4. The poet is grateful for the life of the person who was lost. Who are you thankful for and why?**
- 5. How does the poem relate to the loss you experienced?**

Loss in the Media

Directions: Think of a movie or TV show you've seen in which a character has experienced a significant loss (e.g., *The Lion King*, *About Schmidt*, *Brokeback Mountain*, *Terms of Endearment*, *Up*) and answer the following questions.

1. What loss did the character experience?
2. How did the character react to the loss?
3. What do you think the character felt?
4. How long do you think the character felt that way?
5. What did the character do to deal with the loss?
6. What did others do that helped the character deal with the loss?
7. What did others do that was not helpful for dealing with the loss?
8. What similarities do you notice between your reaction and the circumstances of your loss and the character's reactions and circumstances?
9. What differences do you notice between your reaction and the circumstances of your loss and the character's reactions and circumstances?
10. What can the movie or TV show teach you to help you grieve in a healthier way?

Remembering Your Loss

Directions: This is your opportunity to describe what or who you lost. After you lose something or someone, you often tend to remember the person or thing more positively than you viewed the person or thing before the loss. This is a way to help you remember the person more clearly.

How would you describe the person or thing you lost?

What made the person or thing you lost so special?

What was your favorite thing about the person or thing you lost?

What was your least favorite thing about the person or thing you lost?

What do you miss the most about the person or thing you lost?

What do you miss the least about the person or thing you lost?

What is your favorite memory of the person or thing you lost?

What is your funniest memory of the person or thing you lost?

What reminds you the most of your loss?

What advice do you think the lost person or object would give you to help you move forward?

What were the person's or thing's best qualities?

Do you see any of those qualities in yourself?

How would the person or thing have helped you deal with a similar loss?

Is there anyone or anything in your life that can help you in a similar way now?

What do you think the lost person or object would want for you now?

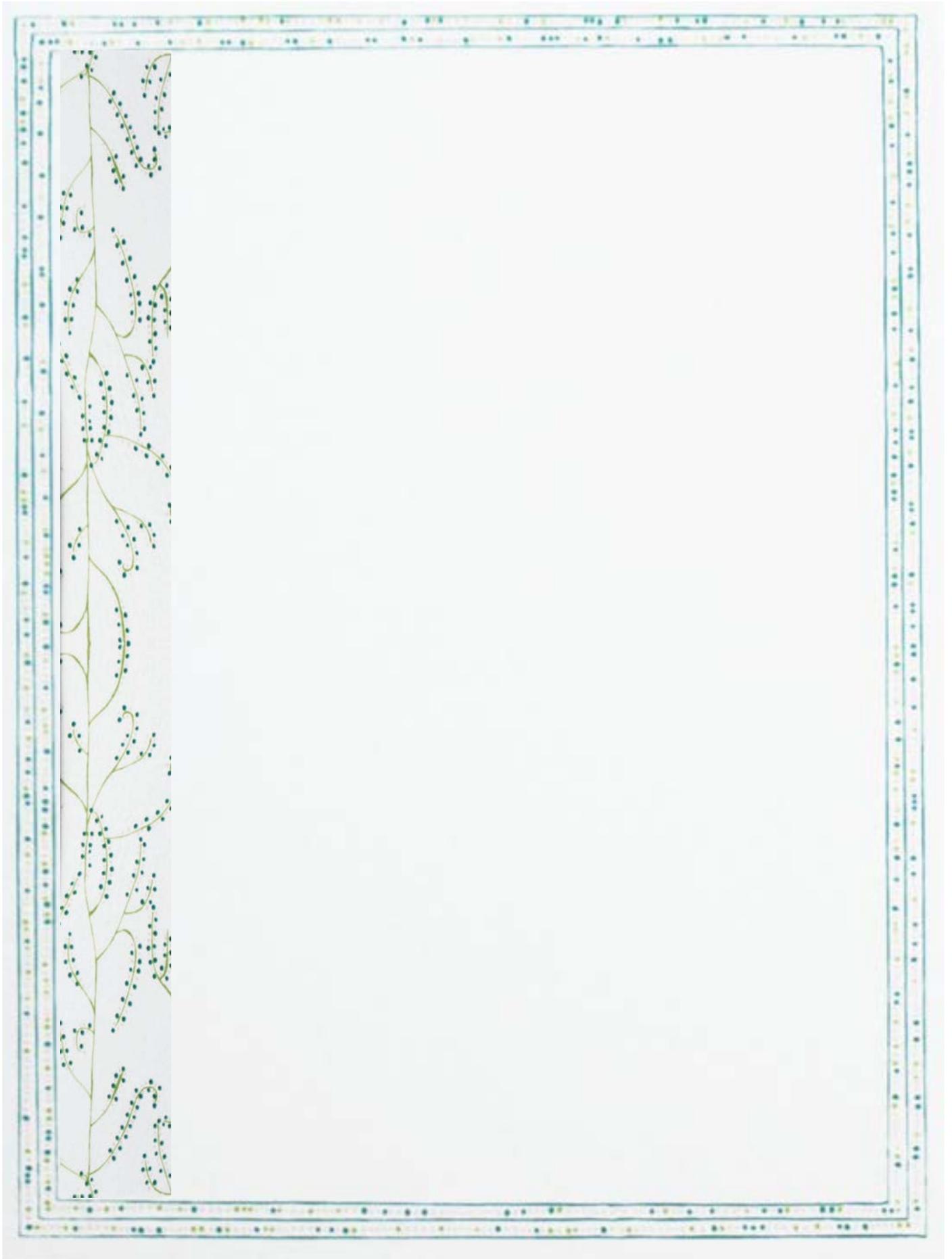
If that is something you would want for yourself, how can you honor the loss by striving toward the goal?

12 Helpful Hints for Your Personal Grief Journey

Directions: Below is a list of hints for helping you grieve your loss in a healthy way. It is important to remember that grief can be exhausting. Grieving takes a lot of time and energy and can wear you out. That is why having a strong support system of people who show you love, understanding, and encouragement is really important to help you along your grief journey. It is important to know that there is no one right way to grieve and everyone grieves differently. Read over the list and below each item you want to try, write how you can implement it in your life to help you.

- **Eat healthy foods. A healthy diet will keep you healthy and promote well-being.**
- **Get lots of rest. Take naps. Remember grieving takes a lot of work.**
- **Find someone you feel comfortable with and talk about your feelings.**
- **Exercise. Physical activity will help to release negative energy.**
- **Laugh often. It's nature's best medicine and healthy even when you are upset.**
- **Spend time with friends.**
- **Write down your feelings. Keep a diary or a journal.**
- **Art is a fantastic way to express yourself. Draw or paint. Share it if you want.**
- **Start a memory book, box, PowerPoint, or video. Be creative. Scrapbook or journal. Include special pictures and thoughts. Then you'll have a special keepsake all about you, your loss, and encouragement to keep living to make you smile.**
- **Don't rush grief. It takes its own time. You do not "get over" grief. In time, however, you will accept things intellectually and will learn how to go on.**
- **Write a letter to God or your Higher Power, a counselor or to the person or thing you lost. Tell them what you think and how you feel. You choose whether to send it.**
- **Join a support group. Being with other teens who have experienced a loss is comforting.**

Write a Letter to the Person or Thing You Lost



Loss Questions

Directions: Dealing with a loss can be a confusing time. People who have lost someone or something they really care for often have a lot of questions about it. Below write your list of questions to ask a parent or guardian, counselor, teacher, or someone else you trust. After you've written some questions, share them with the people you identified who can answer them for you.

Tips for Getting Through the Holidays After A Loss

Directions: Holidays are a time for remembering, traditions, celebrations, and family. However, the holidays can also be a very painful and stressful time of year when you've experienced a loss. The following offers some suggestions about how to make it through the holidays. Answer the questions to develop a plan to help you.

1. Talk to your family about what traditions you want to continue and what to do differently.
 - a. Make a list of traditions your family does during the holidays (e.g., visiting family and friends, decorating, entertaining, etc.).
 - b. Would the holidays be the holidays without doing any of these?
 - c. Which of these do you really like or want to do?
 - d. Is this something you want to do alone or with your family?
 - e. Who is responsible for doing this?
 - f. Which of these things do you not want to do this year?
 - g. Are there things that you do not want to do this year that your family wants to do?

- h. How can you communicate your thoughts and feelings about doing an activity in an appropriate way?**

- 2. Make new traditions.**
 - a. What things would you like to do differently?**

 - b. What would you like to do instead (e.g., go to a restaurant, travel to a new place, create new traditions, change decorations)?**

 - c. Is there a new tradition that you would like to start to honor your loss?**

- 3. Do things simply.**
 - a. What can you do to celebrate the holidays on a simpler and smaller scale?**

- 4. Take care of yourself.**
 - a. What are some ways you can relax each day?**

 - b. Remember that exercise and nutrition will help you feel better. If you have a poor appetite, eat small portions more frequently during the day. What is your plan to eat healthfully and exercise during the holidays?**

- 5. Express your feelings in a healthy way, including asking for what you need.**
 - a. How can you express yourself?**

 - b. What do you need?**

 - c. Who can help you meet those needs?**

- 6. Expect to feel sadness and pain during the holiday season.**
 - a. What activities trigger the pain and sadness?**

 - b. What can you do to deal with your feelings of pain and sadness?**

- 7. Get support from others.**
 - a. Who can you share your grief journey with?**

 - b. Who can support and encourage you?**

- 8. Give to others. Caring for and giving to others can help you feel better and help you honor your loss.**
 - a. What can you do for someone else during the holidays (e.g., visit a nursing home, volunteer at a soup kitchen, donate to charity)?**

Tips for Getting Through the Rest of Your Life After A Loss

Directions: Read the following tips for getting through the rest of your life after a loss, and answer the questions.

When you experience a loss, you grieve for both the loss and for the way your life used to be. It is common to think about the special moments you shared with the lost person or thing, which can make similar moments in the future trigger feelings of pain and sadness. Over time, you will learn to adjust to the loss and move forward with your life. This will take time and work, though. Even with time, there are special moments that will trigger the feelings of the loss. During special times, it is normal to re-experience some of the sadness and pain from your loss. Some of the special times include

- Holidays
- Anniversaries
- Birthdays
- Prom
- Graduation
- Marriage
- Birth of children

What are some of the special times in your life that you think may trigger feelings of loss and sadness?

During these special times, it is normal to think

- What would it be like without having the loss?
- How might life be different today?
- Would I be the same person I am today?
- Can they see me now?
- Are they with me now?

It can be helpful to be prepared to encounter these moments. Remember that it is normal to have these feelings and to reflect on memories of the lost person or thing. Even though they are not with you physically, they will always be with you in your memories. Some ways to remember lost ones include

- Participating in the funeral or memorial services.
- Talking about your loss with others.
- Displaying pictures of the lost one.
- Creating a photo album or memory book.
- Maintaining family traditions.
- Playing their favorite music.
- Eating or preparing their favorite foods.
- Setting a place at the table for them.
- Lighting a candle.
- Talking to them.
- Visiting the cemetery.
- Writing about them—journal, poem, song, story.
- Planting a tree.
- Creating a ceremony.
- Taking a walk in nature.
- Donating to a charitable cause in their memory.

How would you like to remember your loss?

How can you prepare yourself to cope with the pain the special moments will likely bring?

What advice do you think the lost person or thing would give you about moving on if it were possible?

How My Loss Can Help Others

Directions: Reflect on what you have learned about your loss and explain what you would say or do to help someone else who experienced a loss. Answering the following questions serve as prompts to guide your reflection.

What did you do that was most helpful?

What did you do that was least helpful?

What coping skills were helpful to you?

Who were some people you were able to turn to for support?

What did others do or say that was most helpful?

What did others do or say that was least helpful?

What has your grief journey been like?

How do you remember the person or thing you lost?

How do you find hope to move forward?

What are the most important things to remember when grieving?

The Beginning of The Next Chapter of My Life

Directions: Identify what your goals for the following time frames are and some ways you can achieve them. Remember that even though you experienced a loss, life goes on. You should continue to not only survive but to thrive. A loss marks the beginning of a new chapter in life that can be sad and scary but also exciting and fulfilling.

My Goals for the Next Six Months:

Goal 1:

Objective 1a:

Objective 1b:

Objective 1 c:

Goal 2:

Objective 2a:

Objective 2b:

Objective 2 c:

Goal 3:

Objective 3a:

Objective 3b:

Objective 3 c:

My Goals for the Next Year:

Goal 1:

Objective 1a:

Objective 1b:

Objective 1 c:

Goal 2:

Objective 2a:

Objective 2b:

Objective 2 c:

Goal 3:

Objective 3a:

Objective 3b:

Objective 3 c:

My Goals for the Three Years:

Goal 1:

Objective 1a:

Objective 1b:

Objective 1 c:

Goal 2:

Objective 2a:

Objective 2b:

Objective 2 c:

Goal 3:

Objective 3a:

Objective 3b:

Objective 3 c:

My Goals for the Five Years:

Goal 1:

Objective 1a:

Objective 1b:

Objective 1 c:

Goal 2:

Objective 2a:

Objective 2b:

Objective 2 c:

Goal 3:

Objective 3a:

Objective 3b:

Objective 3 c:

My Action Plan

Directions: Review the workbook and write down your action plan to help you through your grief process. Include what coping skills you want to use, important things to remember, and anything else that will help you grieve in a healthy way. When you're finished, post your action plan where you will see it often to help remind you of what you have learned.

Additional Resources for You and Your Family

Local Resources

**Lost and Found Grief
Center**
[http://www.lostandfound
ozarks.com](http://www.lostandfoundozarks.com)
**1006 N. Cedarbrook
Springfield, MO 65802
417.865.9998**

**Rare Breed Youth
Outreach Center**
[http://rarebreed.
thekitcheninc.org](http://rarebreed.thekitcheninc.org)
**215 S. Campbell
Springfield, MO 65806
417-865-6400**

**Rare Breed Transitional
Living Program**
[http://rarebreed.
thekitcheninc.org](http://rarebreed.thekitcheninc.org)
**411 E. Blaine
Springfield, MO 65803
417-837-1572**

Websites

- **American Hospice Foundation:** <https://www.americanhospice.org/>
- **Association for Death Education and Counseling: The Thanatology Association:** http://www.adec.org/Coping_With_Loss_New_/3469.htm
- **Grief Share's How to Survive the Holidays After a Loss:** <http://www.griefshare.org/holidays>
- **Hospice Foundation of America:** www.hospicefoundation.org
- **Hospice of the Valley's Teen Grief Support:** <http://www.hov.org/teen-grief-support>
- **Hospice: For patients and families facing life-threatening illness:** <http://www.hospicenet.org/index.html>
- **National Alliance for Grieving Children:** <http://childrengrieve.org>
- **National Students of AMF Support Network:** <http://www.studentsofamf.org>
- **Open to Hope:** <http://www.opentohope.com>
- **Ryan's Heart—a non-profit organization for grieving families:** www.ryansheartnpo.org
- **Supporting Kidds: The Center for Grieving Children and Their Families:** <http://www.supportingkidds.org/pages/content-articles-tips>
- **The Center for Grieving Children of Maine:** www.cgcmaine.org
- **The Centering Corporation:** <http://www.centering.org>
- **The Dougy Center for grieving children and families:** www.dougy.org
- **The Healing Place—a center for loss and change:** www.thehealingplacinfo.org
- **The National Child Traumatic Stress Network:** <http://www.nctsn.org>
- **The Sibling Connection:** <http://www.counselingstlouis.net/index.html>
- **Wendt Center for Loss and Healing:** <http://wendtcenter.org>

BOOKS

- Alan Wolfelt's *Healing Your Grieving Heart for Teens: 100 Practical Ideas*
- Alan Wolfelt's *Healing Your Grieving Heart Journal for Teens*
- Barbara Park's *Mick Harte Was Here*
- Betsy Byars's *Good-bye, Chicken Little*
- Cynthia Rylant's *Missing May*
- Doris B. Smith's *A Taste of Blackberries*
- Earl A. Grollman's *Living When a Young Friend Commits Suicide*
- Earl A. Grollman's *Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love*
- Eve Bunting's *Face at the Edge of the World*
- Helen Fitzgerald's *The Grieving Teen : A Guide for Teenagers and Their Friends*
- James Agee's *A Death in the Family*
- Janet Lee Carey's *Wenny Has Wings*
- Jill Krementz's *How it Feels When a Parent Dies*
- John Gunther's *Death Be Not Proud*
- Joyce Maynard's *The Usual Rules*
- Judy Blume's *Tiger Eyes*
- Julie Reece Deaver's *Say Goodnight, Gracie*
- Kate Dicamillo's *The Tiger Rising*
- Katherine Paterson's *Bridge to Terabithia*
- Kevin Henkes's *Words of Stone*
- Lurlene McDaniel's *Telling Christina Goodbye*
- Lynne Ewing's *Party Girl*
- Marilyn Gootman's *When a Friend Dies: A Book for Teens About Grieving and Healing*
- Marion Dane Bauer and Dolores Kozielski's *On My Honor*
- Martha Brooks's *Two Moons in August*
- Norma Fox Maser's *After the Rain*
- Paul Fleischman's *Whirligig*
- Paul Zindel's *A Begonia for Miss Applebaum*
- Richard Peck's *Father Figure*
- Richard Peck's *Remembering the Good Times*
- Ruth Wallace-Brodeur's *Blue Eyes Better*
- Sharon M. Draper's *Tears of a Tiger*