



Bereavement 101: The Basics of Grief and Bereavement

Handout #1

Question #1: What's my story?

Please describe your first experience with death and grief:

- a) How were you told about the death?

- b) How was the death acknowledged? Was it talked about?

Question #2:

Please describe how you mourn.

- a) What religious traditions or ritual do you practice?

- b) What does your self-care look like?

- c) Would you consider yourself an intuitive or instrumental griever?