

1 In your own words, define the word grief.

2 List 3 events in which a person may experience the grieving process.

3 Why should a person avoid saying the phrase "Don't feel bad.." when he or she is trying to help someone who is experiencing grief? Explain how this can be harmful to the individual.

4 When a person does not cope with his or her emotions after experiencing a loss, What type of harmful behaviors could emerge? List 3.

5 Why does "time" not heal hurtful feelings associated with the grieving process?

6 A young child's pet recently died. If a person explains what "death" is to a young child by saying, "Your pet is taking a long nap and will never wake up.", What would you predict that this young child would associate with naps?

7 Instead of explaining "death" as a long nap, Clarify what a better explanation would be. (Include in your explanation how this is a part of the life cycle.)

8 Clarify how "replacing the loss" is not a beneficial response or action after a person has experienced a loss of something or someone.