

The UNGAME

1. If you could change how you were told of the death, what would you have done differently?
2. Comment on people who tell a grieving friend, "Call me if you need anything?":
3. How meaningful were the cards and flowers from friends at the time of the death and funeral?
4. Did you feel included in all the funeral arrangements at the time, or were you left out?
5. Describe how your attitude and/or success in school have been affected by the death of someone close to you?
6. How do you feel when someone says to you, "I know just what you're going through." Or "I know just how you feel?"
7. What advice would you give a minister, priest, doctor or funeral director in terms of helping a grieving person – what would be most helpful for them to do?
8. Do you feel relationships with friends have changed because of the death? If so, describe how.
9. How did other members of your family express grief?
10. What was the most difficult thing for you to handle about the funeral?
11. What was the most positive thing you remember about the funeral?
12. Describe how the death has influenced communication between members of your family?
13. When you feel like expressing your grief now, who do you choose to be with and why?
14. What advice have you received that was most helpful for you in coping with your grief?
15. What positive ways have you grown as a person as a result of this death?
16. In what ways have your plans or hopes for the future changed as a result of the death?
17. How do you cope with holidays, special occasions, like the dead person's birthday, the anniversary of their death?
18. Anger is a common response to loss and grief. Describe how that applies to your situation.
19. What feelings surrounding the death are the most difficult for you to deal with now... anger, guilt, loneliness or what?
20. Have your attitudes toward what is most important in life been influenced by the recent death or loss?
21. If you could see your loved one who died one more time, what would you say to them?