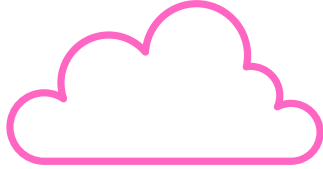
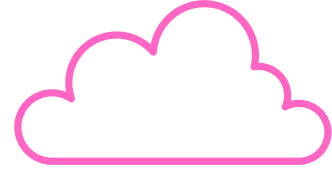


What did you do for the holidays before your person died? What do you not want to change?



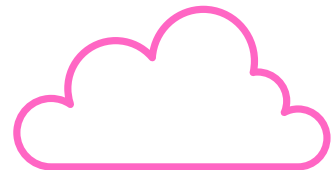
Tell us about a funny moment you shared with the person who died.



What future events do you imagine will be difficult without your person there? Will any be easier?



What dreams have you had about the person? How do they affect you?



What parts of grief are surprising/frustrating/ most difficult?



Who told you that your person died? What did they say?



K

**What does grief feel like
and where do you feel it in
your body?**



K

**What are the things people say
(trying to be helpful but) that
really bug you?**



T

**What's the weirdest thing about
grief?**



T

**What's the biggest question
you have in this moment
about grief and/or life without
your person?**



A

**How do you balance being there
for your children with making
time for your own grief?**



A

**How have things
changed/stayed the same with
your extended family?**



A

**What helps with your
grieving (hobbies,
people, activities)?**



**What did you like most about
the person who died? What
did they do that irritated you?**



**When you meet new
people who don't know
that your person died,
what's it like for you?**



**How have you changed
since the person died?**



**What kind of
(parent/sibling/child/s
pouse/ partner/friend)
was your (person...)?**



**How are you like and
not like your person?**



K

What's the scariest part of grief?



K

What was it like going back to school after the person died?



T

How have your friends responded? What do you wish they would do?



T

Who handled the logistics and financial side of grief in your family? If it was you, what was that like?



A

Who can you turn to for support?



A

What else did you lose when the person died?



A

What is one of your favorite memories of the person who died?



If you could tell the person who died something, what would it be?



**What do you worry about?
Which of your worries are new since the person died?**



Which songs/tv shows/movies remind you of the person?



What's something they did or said that annoyed you?



Tell us about a favorite photo of the person.



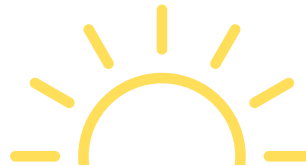
K

What questions do you have about your person or about how they died?



K

Who can you talk to about your person and/or your grief?



T

How has the death affected your future plans?



T

How has your day to day life changed?



A

If you're a parent, what kind of parent are you vs. what kind of parent was the person who died? Have you had to learn a different way of parenting?



A

What are you angry about? What do you do with that anger?



A

**Where in your body do
you feel your emotions?**



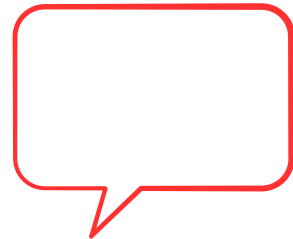
**If your family had a memorial
service/funeral/ celebration of
life, what did you think of it?
What would you have changed?**



**What do you remember
about the last time you
saw/talked to your**



**How has your family
changed since the
death?**



**What do you miss the
most/least about the
person?**



**What keeps you going on the
toughest days?**

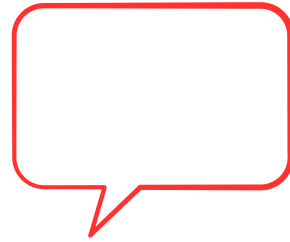


**What did your person look like?
What kinds of clothes did they
wear?**



K

**Make up your own
question**



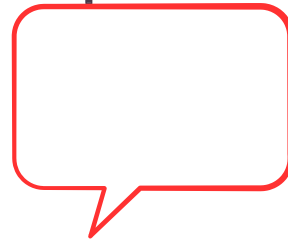
K

**What is important to you now
that was not important to you
before your person died?**



T

**Make up your own
question**



T

**How did you tell the children
you care for about the death?**



A

**Make up your own
question**



A