

GRIEF

TALK

Holiday Edition

Navigating and discussing grief during the holidays is difficult. The season of family, togetherness, & celebration can often intensify feelings of loss. Talking about these feelings can help. To support these conversations, we invite you to use these prompts to reflect & share together as a group or family.

What was the last holiday you spent with your person who died?

Share a favorite holiday memory you have with your person.

What role did your person play during the holidays you celebrate?

What was your person's favorite holiday or tradition?

What is your favorite part of the holiday season/season of family?

What are you looking forward to this holiday season?

What are you dreading/worrying about for this upcoming season?

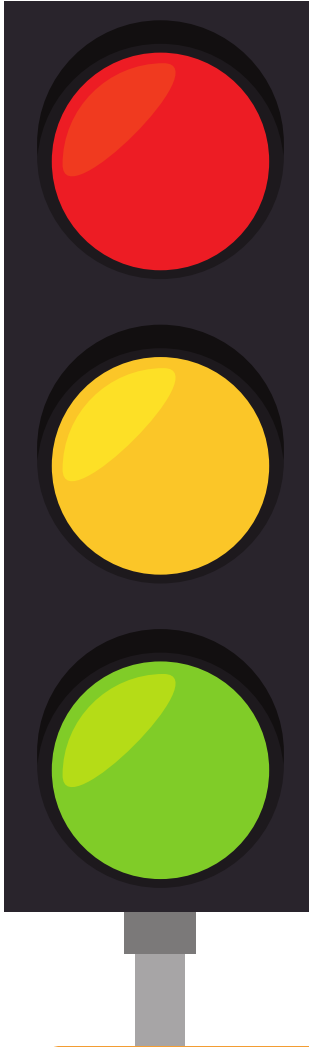
What will be the most difficult part of this season for you?

What can you do to feel close to/remember the person that died this season?



STOP, START & CONTINUE

Holiday Edition



What holiday/season of family traditions do you want to STOP (or pause)?

What holiday/season of family traditions do you want to CONTINUE?

What holiday/season of family traditions do you want to START?

We welcome you to use this worksheet to reflect on what traditions you want to hold on to, let go of, and create. Recognizing that each grief journey is unique and evolves over time, we invite you to share openly, respect differences, and give permission to yourself and others to opt in and *out* of traditions that others may want to hold on to.