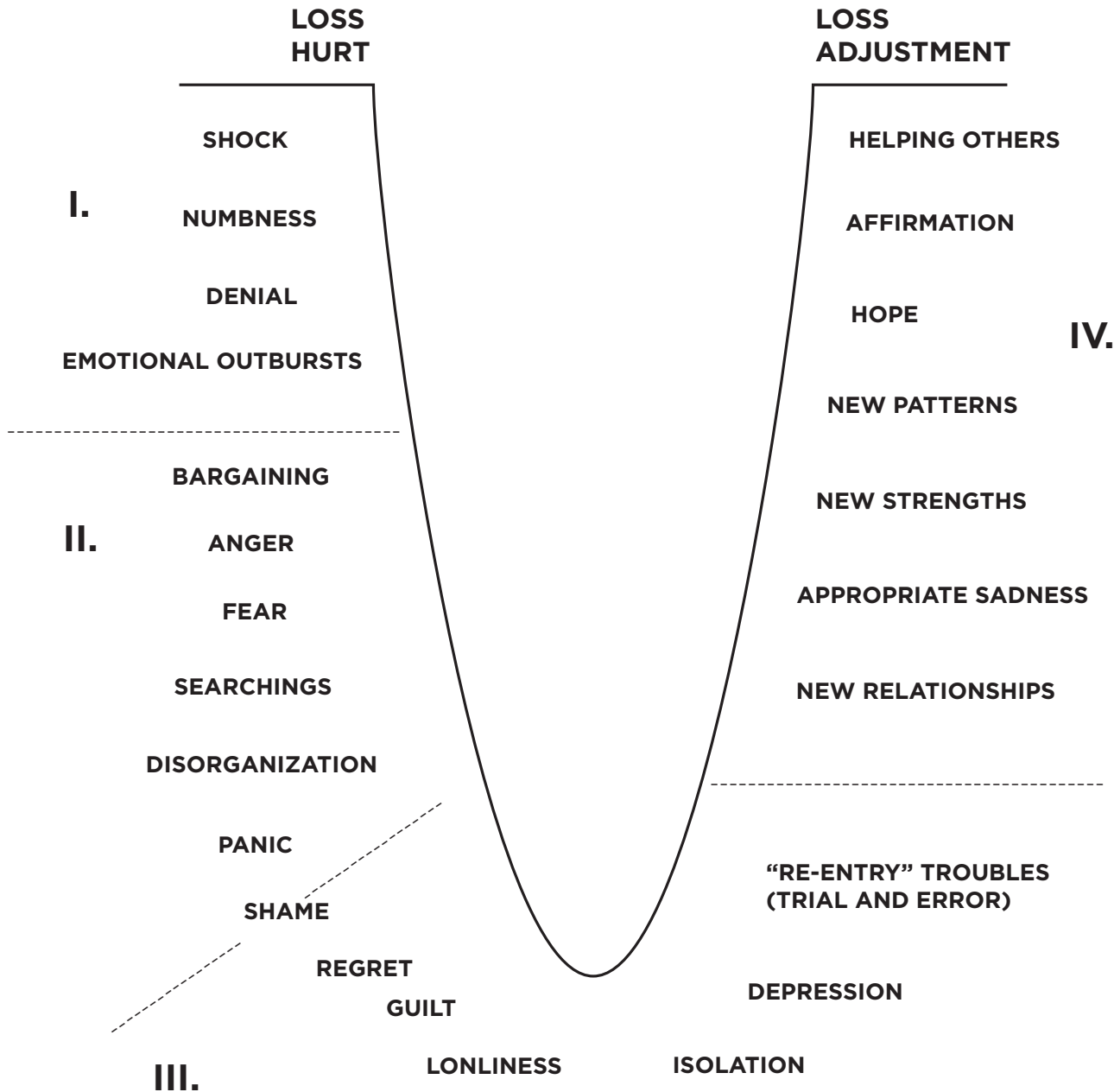


STAGES OF GRIEF

Though I walk through the valley of the shadow of death, I will fear no evil... PSALM 23:4 KJV



Adapted from **Charlotte Greeson, Mary Hollingsworth, and Michael Washburn,**
The Grief Adjustment Guide (Sisters, Oregon: Questar Publishers, Inc., 1990).

Are you comfortable grieving? What is your history with grief?
 Where are you in your losses on the grief curve?
 What would be triggers for you that might bring you back to the grief?
 What have you found to be helpful for you in the curve?
 Do you have any coping mechanisms that you have identified? If so, are you concerned about that?
 What would you say to someone else who is grieving?