



## **A Guide to Discussion Prompts**

### **Growing around grief**

#### **What was most surprising, frustrating or difficult part of grief for you?**

*Surprising – could be emotional like being unable to cry, or physical like an inexplicable pain*

*Frustrating – could be something like not thinking straight, or memories being triggered when least expecting it, for example while shopping*

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

*Residents – keeping to regime vs breaking from regime; talking with others vs staying behind door*

*Staff / Visitors – hiding from the world vs connecting with others; talking with other about the deceased or finding a distraction*

#### **How do other people make your grieving harder or easier?**

##### **What do they say/do?**

*This is personal – allow for stories and encourage sharing of both positive and negative interactions*

#### **What events or situations do you need to prepare yourself to cope with in the future?**

*Different people will react differently to different occasions – anniversaries, birthdays and life events all might trigger a reaction. The marriage, graduation or funeral of family and friends might highlight the absence of the deceased, as might Christmases and birthdays.*

### **Maintaining Memories**

#### **Describe the person you have loved and lost in three words**

*Exactly as it says – doesn't have to be poetic or false – just pure honesty! Might be a discussion point in itself but, – why those words? Would everyone agree? What might others say?*

#### **Share your most memorable story of time spent with them**

*Could be serious, sad, funny or ridiculous!*

#### **What small thing do you do which honours their memory and helps you get through difficult days?**

*This could be making a sensible choice like speaking to someone and not looking for substances to use. It could be to do something for someone else that is out of the ordinary. It could be to take time and write to someone you have lost connection with.*

#### **Continuing to share positive memories as you move forward**

*Talking regularly with others who knew them. Introducing them to someone who did not know them and sharing your memories of the happier times.*