



Mudpie  
Magic

## *Wonder-Filled Grieving*

- ♥ What surprises you about the grief process?
- ♥ When you lost your beloved, what else did you lose?
- ♥ What do you need most right now ?
- ♥ What might you be angry about ?
- ♥ What might you be afraid of now?
- ♥ What do you appreciate about yourself -and maybe others - after this loss?
- ♥ Throughout this process, what choices are you proud of?
- ♥ What thoughts, memories, might you be purposely blocking, avoiding?
- ♥ What stories do you tell yourself about the last moments of your loved one's life?
- ♥ What helps you move through the grief process ?
- ♥ What have you discovered about yourself since your loss?
- ♥ Who has loved you through ?
- ♥ How have you given meaning to the life of the person you lost ?
- ♥ How do you honor the life of the person you lost ?
- ♥ What do you appreciate about yourself - especially after this loss?
- ♥ What stories do you tell yourself about death?
- ♥ What, if any, "weird" experiences did you have after your loss?
- ♥ What role do you find yourself playing in your family since this loss? What would you change about that, if anything?
- ♥ What do you wish people would understand?
- ♥ What new things have you discovered about the person you lost?
- ♥ How has life changed since your loss ?
- ♥ What do you tell yourself about the future now ?
- ♥ Where does the memory of your lost loved one live in your body?
- ♥ Where do you get the inspiration to move through, on?
- ♥ What "silly" things trigger your grief?
- ♥ What old family dynamics do you notice rising since after your loss?