

Complete these five sentences:

1. As I complete this section, I feel like . . .

2. Right now, I'd like to . . .

3. Lately, I've been feeling like . . .

4. My most important current task is . . .

5. I feel like I most need to work on . . .

Additional Questions:

- Are there specific questions you need to answer for yourself before continuing with your grief work ?

- Do you have a clear sense of the sorts of issues, feelings, and tasks that you'll be facing in your grief work ?

- Have you ever experienced feelings of this sort before ?

- Why do you think you're having these particular feelings ?

- Are you afraid your feelings will never pass ?

- Are the problems you're experiencing so severe or debilitating that you're having trouble functioning in your day-to-day life ?

- How did you feel as you were completing the exercise ?