

# Conversation Starters

## About Grief



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How are you feeling about (grief situation)?

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What photos or drawings can we put up to help you remember (name)?

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How can I support you when you're feeling sad?

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Do you like to talk about (name)?  
What would you like to tell me about them?

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Who do you feel comfortable talking to about your loss/grief?

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What does grief feel like for you? (for younger kids, they could draw/color their grief)

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When do you find yourself thinking of (name/place) the most?

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What is your favorite memory of (name/place)?

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What would you like to ask (name) right now if you could?

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**What do you miss most about (name)?**

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**What do you think (name) would be doing/saying during this time?**  
**What would (name) encourage you to do during this hard time?**

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Sometimes children feel guilt and regret when a loved one dies/leaves.  
**Is there anything you blame yourself for?**  
**Is there anything you wish you had done differently?**

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