

Name _____



Strength Through Healing

Directions: Read the passage carefully. Then answer the guided questions that follow about resilience, growth, and perseverance after loss.

Resilience After Loss

Grief can feel like an endless storm, but even storms eventually pass. When people experience loss, they often wonder if they will ever feel normal again. Over time, healing happens through patience, courage, and small steps forward. Resilience does not mean forgetting or pretending the pain is gone. It means finding ways to live with what happened while still choosing to move forward.

Many people discover strength they did not know they had. They start by accepting help from others, sharing their feelings, and finding meaning in what they lost. Some people write, volunteer, or support others who are going through similar pain. These actions turn sadness into connection and purpose.

Resilience grows through practice, not perfection. Every time someone faces a difficult day but keeps trying, they are building emotional strength. Overcoming grief does not happen all at once, but each act of hope, kindness, or courage adds light to the path ahead.

Guided Questions:

1. What does resilience mean in this passage?
2. How do people begin to heal after a loss?
3. Give one example from the passage of how people turn pain into purpose.
4. What message does the author want readers to understand about overcoming grief?
5. Write one sentence about how you show resilience when facing something difficult.