Name _____

Lessons In Healing

Directions: Write a short reflection essay about a time when you experienced loss. This could be a person, pet, relationship, opportunity, or change that mattered to you. Use the guiding questions below to organize your thoughts. Be honest and reflective as you write.

1. What loss did you experience, and how did it affect your emotions at the time?
2. What helped you begin to cope with your grief (for example, people, activities, or personal beliefs)?
3. What was one of the hardest parts of moving forward, and how did you overcome it?
4. How has this experience changed your understanding of yourself or others?
5. What advice would you give to someone else going through a similar loss?

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