



Donna Stoneham

Questions for Reflection on the Transformative Power of Grief

- What losses in your life have initiated your grief journeys?
- In what essential ways has the grief you've experienced transformed you?
- What have you learned about yourself as a result of your experiences of loss and how have you or will you apply what you learned?
- What are some coping/self-care strategies you currently use or that you have used in the past to navigate your grief? How do or did they help you?
- How will you use what you've learned from your experiences of loss in who you become moving forward?

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“Grief is the guesthouse we inhabit.
Each cupboard, overflowing,
with the risks we took
to open our hearts
to fully love.”