



# Donna Stoneham

## *Catch Me When I Fall*: Draft Questions for Interviews

1. How did your near-death experience as an adolescent change how you thought about death?
2. After your mother died, how did all the signs and signal you received convince you that they were her sending you a message that she was still with you? What were some of the most meaningful to you and why?
3. You talk about grief as a catalyst for transformation. Can you explain that? Most of the time, isn't grief something we try and avoid?
4. One of the things your mother told you after she died was that part of your job now was to "help create heaven on earth." What do you think she meant and how would you propose to do that?
5. How did your dreams and meditations before and after your mother died help you navigate your grief? What did they teach you?
6. What do you think makes it possible to heal our pivotal relationships even after death? Why is that important?
7. What is the best thing you can do for someone you love or care about who is grieving? What did you find most helpful when you were at the heart of your deepest grief after you lost your mother?
8. What inspired you to write your experience/journey in your recently published book *Catch Me When I Fall*?
9. What can people take away from reading this book and apply it to their own lives...especially those who have lost someone or know someone who has?

10. You said at one time that you were worried you'd fallen into a dark depression after your mother died, but then you learned that there was a difference between clinical depression and situational depression. How did understanding that that distinction help you?
11. How do you think your grief journey after the loss of your mother help you navigate the next loss you'll face?
12. What regrets, if any, do you have as you reflect on your relationship with your mother and how you related to one another, especially in her final years?
13. What are some of the most important messages you received in your transmissions from your mother after she died about how to live the life that you have left?
14. Most of us try and avoid feelings of grief whenever possible. Is there anything about living in a perpetual state of grief that you miss? And if so, what is it and why?
15. You mentioned that you are exploring the themes of love, loss, and liberation since your mother's death. What do you mean by that and how does the theme of liberation fit into your story?
16. How do you deal with the naysayers who may think you're a little out there receiving messages from your dead mother?
17. Is your mother still accessible to you to talk to five years after her death and if so, how do you communicate now?
18. Now that your mother is gone, how do you deal with Mother's Day and other holidays, and what do you suggest others do going through that same experience?"
19. How can you use the loss of a loved one as a catalyst toward a better life? How can loss be a liberatory experience?
20. Were there any surprising moments of joy, comfort, or courage while going through the loss and ensuring grief of losing your mother?
21. Do you have any moments that remind you of all the good memories shared with your loved one?
22. How do we find meaning in loss?
23. What do you say to people who are afraid to let go of grief, as if letting go of it means you're letting go of your loved one?
24. And lastly, where can people find your book?

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