

# GriefPlan.com

## with Dr. Jason Troyer



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## Healing with Family & Faith

Unfortunately, we often heal in isolation when we could experience the support of friends and family. While each person will have a unique style to their grief process, we often under-utilize the support of others. Some people will find great comfort in their faith traditions; others will need to re-examine their beliefs.

### Considerations on connecting with family & faith

- Is there a family member or other loved one who seems to be grieving the same way you do?
- Have you reached out to other family members to see if they want to talk about your common loss or to participate in healing rituals?
- Does your faith or spiritual beliefs provide you with support or more questions after your loss?

### Journaling Prompts

Is there a friend who seems to really know how to support you? How did other family members react to planning and attending the funeral or other death rituals? How has your grief process or style been similar to or different from your surviving loved ones? Do you seem like the "odd one" in your family in terms of your grieving style or practices? Does it seem like everyone else wants to forget or ignore the loss? How do they communicate this?

How has your faith been a source of support? What spiritual questions do you struggle with? What spiritual or religious rituals have been helpful thus far?