

GriefPlan.com

with Dr. Jason Troyer



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Healing with People Who Really Understand

Other bereaved people often have unique insight into the challenges of grief and strategies for healing, remembering, and rebuilding after loss. It may be particularly helpful to connect with people who have lost the same relationship (e.g., others who are also widowed, experienced the loss of a child, etc.) or a similar type of loss (e.g., loss by suicide, overdose, accident, military-related loss, etc.)

How & Where to Connect with Other Bereaved People

- **Be sure to use the GriefPlan Facebook Group as a source of support.**
- Other bereaved people can give you support, suggestions, and help you anticipate future challenges. They can also provide you with an example of someone who is further down the road in their grief journey and provide hope.
- Look for grief support groups in your area. Your funeral home may have a list. Look in the local newspaper, on bulletin boards, and with local hospice organizations.
- Search for support groups or forums online. These have the advantage of being anonymous and you can find support groups for every type of loss.
- Memoirs and movies related to loss can also be informative. I have a list of recommended books at **GriefPlan.com**.

Journaling Prompts

If you had access to someone with the same type of loss as yours, what questions would you like to ask them? Would you consider joining a local grief group? Why or Why not?