Shared Grief Different Needs

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Two relatives want different ways to mark a loss.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Compare different support preferences among people affected by the same change.

3. How can both have room?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.