

Breakout Group Questions:

1. How are you feeling at this time?
 - a. It is amazing how many of the 6 ways of being affected by grief that I am experiencing!
 - b. I have been doing that interrupting thing...not something that is normally a behavior of mine. It is embarrassing because I know it seems as if I am not listening.
 - c. Loss of connection with others is a grief thing. How much do I or should I force myself to move out of that?
 - d. I am usually a pretty brave/fearless person about sickness, illness, etc. – but more and more I just want to be safe and stay home. I actually don't think Covid is out to get me, but it doesn't make sense to be reckless either.
2. What helps you manage difficult feelings/stress?
 - a. Music
 - b. Journaling
 - c. Sometimes praying
 - d. Powering down(watch a movie, play a game, read an "easy" book)

Breakout Group Questions:

1. How do you feel GOD helping you move forward?
2. At this time, is anyone helping you in a surprising way?