

# *Making Meaning of Death*

Take some time to reflect on each question and then write out your responses.

1. While growing up, what was your family's religious affiliation and/or spiritual tradition(s)?
2. From this/these tradition(s), what practices did you enjoy or do you have fond memories of?
3. What about practices you did not enjoy or have a negative relationship with?
4. How have you carried any of these traditions or practices into your adult life?
5. Do any of these traditions or practices help you make meaning out of your loved one's death?
6. What is your understanding of and/or attitudes about what it means to die?
7. How are you currently holding or making meaning from the death of your loved one?