

Grief Talk Family Edition

Navigating and discussing grief during the holidays can be difficult. The holidays bring joy, nostalgia, loneliness and memories – everything grief touches during this season. And, the best thing families can do is communicate with each other about these feelings. My hope is that you will use this activity to help the conversation with your family so you can share together and begin to walk into your new holiday normal.

What was the last holiday you spent with the person who died?

Share a favorite holiday memory you have with your person.

What role did your person play during the holidays you celebrate?

What was your person's favorite holiday or tradition?

What is your favorite part of the holiday season?

What are you looking forward to this holiday season?

What are you dreading or worrying about this upcoming season?

What will be the most difficult part of this season for you?

What can you do to feel close to or remember the person that died this season?

Start. Stop. Continue

Use this worksheet to reflect on what traditions you want to create, let go of, and hold on to.

Recognizing that each person's grief journey is unique to them and evolves over time.

Please share openly, respect differences and give permission to yourself and others to opt in and out of traditions that others may want to hold on to.

What traditions
do you want
to **START** this
holiday season?

What traditions do
you want to **STOP**
(or postpone) this
holiday season?

What traditions
do you want to
CONTINUE this
holiday season?
