

Reflection Questions

Grief

Anchor Phrase: It is perfectly natural to grieve what I have lost and the losses yet to come.

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Take a moment to reflect.

The term **anticipatory grief** refers to emotions we feel related to the loss that we know will occur in the future. Does this describe an experience you have had or are currently having?

If yes, what other feelings have you experienced alongside this anticipatory grief? Some people feel guilt for grieving someone who is still alive. Others feel shame for thinking ahead to their loved one's death. Still others may feel like admitting anticipatory grief is like giving up hope. Do any of these ring true for you? Which ones? As you list those, remind yourself of our anchor phrase for this chapter: **It is perfectly natural to grieve what I have lost and the losses yet to come.**

The future loss of our loved one is just one thing we may grieve. Are there other pieces of the future you thought you would have that are no longer available to you?

What aspects of your past are you missing or grieving?

What does it feel like to name and acknowledge the things you are grieving?