During the lesson, write down any words that you are unsure about, so we can look them up and talk about them. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Answer the first question before the lesson starts. Wait until the end to answer the other questions.

 1. How does grief and loss affect you?

 2. List a protective factor that you have.

 3. List a way you can cope better with grief or loss.

**Which goals did you meet?**

* To be more aware of grief and loss, and its effects on your recovery.
* To cope with grief and loss in healthier ways
	+ - To describe 2 ways you respond to grief and loss
		- To list a protective factor you have (that helps you avoid complicated grief)
		- To discuss how you can cope better with grief and loss
		- Optional: To rate your grief by completing a Grief Checklist