

REALTALK DISCUSSION QUESTIONS (RDQs)

Directions:

- Select one of the 7 C's and use the questions to facilitate a REALTALK group.

COMPETENCE

Describe your reactions during the first few days after you learned the person you loved passed away? How was your reaction different or the same as some other person you know who experienced a loss?

CONFIDENCE

How has your experience with grief given you confidence to help others cope with their grief? What would you share with others about your grief process that might give them a real sense you understand what they are going through?

CONNECTION

Your grief can be hard to talk about with your friends, especially if they have never suffered a loss. How can this group help you express your feelings? How do we as a group create a safe place for everyone to share and be heard?

CHARACTER

Many people who experience a loss find writing in a journal helps them deal (cope) with their grief. Write down two or more positive traits your loved one demonstrated and share with the group.

CONTRIBUTION

How has your loved one made a positive impact on your life and community? What have you learned from them to continue to help others and give back?

COPING

How has your grief caused you stress? What are some healthy ways to cope when you're feeling stressed?

CONTROL

Who do you turn to most often for help when your grieving is holding you back from fulfilling your daily responsibilities? How has this person helped you cope and get you back on track?

