

# BOTHER LIST

We all get annoyed and bothered from time to time. Here are some things to consider regarding your bothers in grief...

1. What is not going well? Is there anything you would like to change?
2. When is your grief most prevalent? How is your grief hurting?

What's the BOTHER?

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How can YOU or SOMEONE help?



## LIGHT IN YOUR LIFE

Just as there are bothers, you also have light in your life. Reflect on what is also going well for you.

1. What IS going well? How is life comfortable?
2. Which relationships are helpful and reliable for you?
3. What aspects of humor or beauty have you experienced lately?

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