



Road to Freedom

Week 2 - Grief and Loss

Instructions

Find a quiet spot and answer the questions as best you can. They are for your benefit in the healing process. Post in the Road to Freedom Igniters' Facebook group that you're done.



List and briefly explain the 7 stages of Grief.

What losses have you had and when? What stages of grief can you see where you walked through them or are in them or were in them?

What losses could be considered Exterior Losses?

What Interior Losses come to your mind? When, if known, did each occur?