

Questions for Reflection

E46: Losing Someone, During a Pandemic

1. We've been dealing with COVID for many months now. As you reflect on those months, have there been times when a normally no-big-deal task (like minor home repair, storms, doctor's appointments, etc.) felt overwhelming?
2. Have you lost someone or do you know anyone who has lost someone during the pandemic? Reflect for a moment on that person and how it might have felt different if they had passed away before or after the pandemic.
3. How does the pandemic makes things like grief and loss harder?
4. If you've not lost anyone during the pandemic, do you feel left out? Do you feel like you are waiting for the other shoe to drop?

Discovering
OUR SCARS



With Steph & Beth