

Homework:

Week 3: The Power of Having Your Grief Witnessed

Did you view the Tuesday Training this week? Yes or No?

In a sentence, what does it mean to have your grief witnessed? And why is having your grief witnessed so important?

Dave shared Doug Manning's *3 Levels of Significance* that need to be fulfilled after a loss. What are the 3 Levels of Significance? Explain each level.

Discuss why funerals are so important?

In your opinion, should children attend funerals? Why or why not?

Why is witnessing grief so important during the holidays?

Dave mentioned introducing the *Elephant in the Room* during the holidays. What is the elephant in the room and why is it vital to introduce it?

Dave mentions *3 Tips for Witnessing Grief in Others*. What are these 3 Tips and which one of the three resonates the most with you and why?

What is one way you will take care of yourself (self-care) during the holidays regarding your grief?