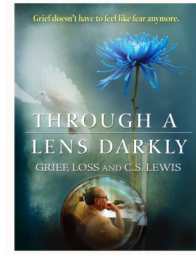


Discussion Guide



Prepare for the discussion by watching the film in advance. In order to facilitate an effective group discussion, create a safe environment where people can share freely without criticism or judgment. Group members should respect different opinions and allow everyone an opportunity to speak.

1. What type of life events, from the film or your experience, make up grief and loss? As you are able, share an example with your discussion group of grief or loss from your own life.
2. Can you personally relate to any of the personal stories in the film? If so, how? If not, were there any of the personal stories that you found particularly engaging or helpful?
3. Which of the following emotions have you, or a loved one, experienced in working through grief and loss: Fear? Apathy? Numbness? Anger? Denial? Doubt? Depression? Laziness?
4. Does a person ever “get over” a significant loss?
5. Share some things people said or did to console you that were not very helpful. What might have been a better response?
6. Do you agree with Lewis’s statement that people who use the “consolations of religion” do not know how to help a grieving person?
7. Has your life changed as a result of the loss? If so, how?
8. If applicable, describe the moment when you felt hope for the first time after the loss.
9. What do you think about Lewis’s statement, “The best is perhaps what we understand least?”
10. What are some ways you can help others who are going through grief? (See additional handouts for helpful tips after your discussion.)