

Beauty for My Ashes

STUDY GUIDE

Chapter Five

Video Questions

1. People are so _____ and so _____ in our healing journey.
2. It's very easy to have _____ vision on the loss, losing sight of everything around us and the people around us.
3. We grieve deeply because we _____ deeply.
4. Each loss in our lives is _____, and we will grieve them differently.
5. We cannot _____ the ones around us.
6. We cannot allow ourselves to _____ from the people around us.
7. "There are still _____ to be had, _____ to be made, and life to _____ and _____."

Questions for the Week

1. This week, I asked you to speak with at least one person that you love and appreciate, and let them know how much they mean to you. Who is that person (or people) you are contacting this week? What attribute means the most to you about this person (or people)?
2. Have you noticed yourself, and/or the ones around you, having “tunnel vision” like I mention in the video? What are some ways that we can prevent having tunnel vision?
3. Who are some of the ones still here that you appreciate having in your life?
4. Have you found yourself withdrawing from the people around you at any point in your healing journey? If so, why did you feel the desire to withdraw?
5. What importance do you believe having people around you plays in your healing journey?
6. It’s important to remember this: *We grieve deeply because we love deeply.*

