

Group Discussion Guide

The Humanist Approach to Grief and Grieving

Questions and conversation starters.

- 1) Have you ever experienced grief?
- 2) How does belief or non-belief impact grief?
- 3) Have you ever experienced grief related anger?
 - a. How did you deal with it?
- 4) Do you worry about death?
- 5) What do you think happens after we die?
- 6) Suicide – is it moral, immoral or amoral?
 - a. Is assisted suicide any different?
- 7) Does knowledge of death increase the value of life, or decrease its value?
- 8) What is it about death that makes us fear it?
- 9) What do kids need to know about death?
 - a. What ages are different conversations appropriate?
- 10) Have you ever attended a Humanist funeral?
 - a. What did you think of it?

These questions are a discussion guide for *The Humanist Approach to Grief and Grieving* by Jennifer Hancock <http://humanistgrief.com/>