

Insight and Empowerment

Shock and Awe

Journal your answers to the questions below that apply to you. Anticipate an upward turn, restoration, or acceptance that may hasten your progress.

1. Share your initial shock and denial.

2. Share your anger regarding the injury or death.

3. Share your guilt and your survivor guilt if applicable.

4. With whom did you bargain, and how?

5. Share your depression and sadness about practical aspects of your loss such as changes in financial and other responsibilities.

6. Reflect upon loneliness.

7. How did you or do you plan to bid your buddies farewell?

8. How do you plan to memorialize and celebrate their life?

9. Tell about your upward turn or how you will know you are reaching it.

10. How did you or do you plan to reconstruct yourself and your life?

11. Share thoughts about your acceptance.

12. What are your hopes for yourself and your life for the future?

13. Who are people in your support system and how can you expand your support system?

14. What spiritual practices comfort you?

15. Write a letter to your lost buddy and say things you never said before.

16. A journal, scrapbook, photo album, or memory box may help. Share your experiences or plans regarding these techniques.

17. Draw, write a song, poem, or paragraph about your loss and recovery.

18. Making a collage or sculpture may also help. State your ideas:

19. Laughter lifts your mood. Describe a funny situation you shared.

20. If you have the any of the warning signals listed in our June Newsletter or if these interventions do not help, you may need medication, or grief counseling from a spiritual advisor or therapist. Write the name, address, phone number, and email of your Veteran's Administration or other doctor:
