

13 Weekly Seminar Topics

1. Is This Normal?

- You'll discover why your grief experience is harder than you imagined
- Why the intensity and duration of your emotions are normal and appropriate
- Despite how you feel right now, there is reason for hope

2. Challenges of Grief

- You'll learn more eye-opening reasons why your pain is so overwhelming
- Some of the overlooked, yet common, effects grief has on your mind, body, and spirit
- How to get things done when you don't feel like you have any energy

3. The Journey of Grief - Part One

- You'll learn helpful goals to set on your journey of grief
- How to deal with those who try to rush you through your grief
- How long the journey of grief typically lasts

4. The Journey of Grief - Part Two

- You'll learn why it's important to put effort into your healing
- How the events surrounding your loved one's death affect your grief
- The best ways to deal with your loved one's belongings

5. Grief and Your Relationships

- You'll find out how the death of a loved one affects your friendships
- Why solitude can be a blessing and a curse
- How to deal with friends who don't understand your grief

6. Why?

- This session demonstrates that God wants you to share your feelings with Him
- Why being honest with God is an expression of faith
- What God has to say to you about your "why" questions

7. Guilt and Anger

- You'll learn how to deal with false guilt
- How to grieve conflicted relationships
- How to handle grief-related anger

8. Complicating Factors

- You'll begin to see how traumatic experiences affect grief
- How to deal with nightmares and flashbacks
- How your thinking affects your emotions

9. Stuck

- You'll discover how to prevent getting stuck in grief
- Common misconceptions that hinder healing
- Why your path to healing isn't always smooth

10. Lessons of Grief - Part One

- You'll become aware of an often-overlooked reason that grief is so painful
- Why going to church can be so difficult
- The benefits of helping others

11. Lessons of Grief - Part Two

- This session provides a more complete picture of who you are now that your loved one is gone
- Why no one grieves perfectly
- What grief can teach you about relationships

12. Heaven

- Session 12 answers questions about heaven and the afterlife, such as what heaven is like
- Whether you should communicate with your deceased loved one
- Whether near-death experiences are reliable descriptions of heaven
- And many more

13. What Do I Live for Now?

- You'll learn why moving forward is a necessity
- Why it's a process
- Why peace and pain will always coexist

<https://www.griefshare.org/about/topics>