

SPIRITUALITY & GRIEF A CAREGIVER GUIDE

FINDING COMMON GROUND FOR CAREGIVERS

INSTRUCTIONS: Prior to providing support to a person experiencing spiritual grief, review the following key FAITH FACTORS & FEAR FACTORS that apply to you and to the grieving person. The more you know about yourself and the grieving process, the better you will be able to provide a supportive presence to others in grief.

FAITH FACTORS	MINE	OF THE GRIEVING PERSON
1. Formal Faith Tradition Practiced (Orthodox Jewish, Roman Catholic, Sunni/ Shi'ite Muslim, ELCA/Missouri Synod Lutheran, multiple faiths, no formal faith tradition.)		
2. Length of Time (Years) (Entire life, few yrs, recent faith conversion)		
3. Formal Religious Education (Theology, Hebrew, Islamic School, other)		
4. Role of Family in Faith Development (Not involved 0-10 Strongly involved)		
5. Role of Authority (Respect, Fear, Contempt for, Challenge)		
6. Image of God/Divine (Distant, Vindictive, Personally Involved)		
7. What do you tell others about Suffering? (Be strong, It's Ok, One Step)		
8. Belief about the cause of Suffering? (Lesson to learn, a Test, a Punishment, Redemptive, Karma, Mystery)		
9. Personal belief about Death (a beginning, an end, heaven, hell, reincarnation)		

FEAR FACTORS	IN ME	IN THE GRIEVING PERSON
1. Fear of Loss of Control		
2. Being a Burden		
3. Pain/Suffering		
4. The Dying Process		
5. Losing one's Faith (doubt)		
6. Fear of the Unknown		
7. God's <i>Gonna Getcha</i>		
8. The Past		
9. The Future		
10. Being alone		
11. Rejection		
12. Not knowing what to say		
13. Causing more Pain		
14. Fear of Religion		
15. Fear of Anger/Emotion		
16. Fear of Losing Hope		

ACKNOWLEDGEMENTS

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Motion Pictures

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