

GRIEVING AND TBI REFLECTION/ HOMEWORK



10 MINUTES

As we come to the end of group today, I would like us all to take a minute to reflect on the topics we have discussed today.

- What things helped you today? What things would you like to explore more?
- For a homework assignment, I would like you to keep an emotional journal.

Provide participants with the Developing a New Self-Concept handout (found in handout section for this week, see below).

- For homework this week, I would like you to complete the New Self-Concept handout. Bring the completed handout back next week.
- Facilitator should pass out the Take-Home Impressions handout. I would also like you to take with you this Take-Home Impressions Handout and complete it, asking your Support Person for help completing it if necessary. Please use it to help you reflect on what you learned in group today and to help you identify any questions you might still have. Please bring this sheet back with you to the next meeting of this group.



DISCUSSION PROMPT

Do you have any questions?