



Focus Check 5

Read Troubleshooters #5: GRIEF before answering the questions below.

True or False

- True False 1. Some people go through life without ever experiencing loss.
- True False 2. It's OK for guys to cry.
- True False 3. If you feel angry about a loss, that means there's something wrong with you.
- True False 4. It's common to feel guilty when you've experienced loss.
- True False 5. When you lose someone or something, you should try to get over it and get back to normal as quickly as possible.

Multiple Choice

6. People who've experienced loss
- may look for someone to blame.
 - shouldn't feel upset about it.
7. Talking to someone about your loss
- will help you get through it.
 - only makes the situation worse.
8. God promises that in heaven
- grief and loss will continue.
 - there'll be no more grief or loss.

What Do YOU Think?

I have faced a major loss in my life.

Yes No

I have people I can talk to when I feel sad, angry, afraid, or guilty.

Yes No

I would like God's help in dealing with the hard times in life.

Yes No

Answers for Troubleshooters #5: GRIEF

(Page 3) Answers will vary.

(Page 4) It may last for a while, but joy will come back to us.

(Page 6) Answers will vary.