

Coping with Death and Dying in Recovery: Questions for Discussion

1. What are your personal beliefs about death and dying? (How did you come to those beliefs? How were you raised and how has that effected you?)

2. How do your beliefs help you to cope with loss? (Also, what difficulties, questions, or conflicts arise in you because of what you believe, or don't believe?)

**3.** What can you do to learn more in this area? (Depending upon what you believe, what do you think can do to grow spiritually as a person?)

4. What personally helps you cope with loss without turning to substances for comfort or escape? (Also, who are your supports and how can you use them?)