

**Faith-ful Friendship Sharing Question:**

Grief is a very individual thing. Each of us grieves in his or her own way, and that's likely different from the way another person grieves. Some of us are emotionally expressive and others are more reserved. How do you grieve? Share with your partner just a little about how you express your grief. In your Faith-ful Friendship, give each other permission to grieve in your own way. ... Has anyone ever told you that you should grieve in a different way? Talk about how that felt to you.