

Group 5: Identity Changes

Facilitator's Guide to Mending Hearts After Loss Groups

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OVERVIEW & PURPOSE

Enable participants to appreciate changes to their identity, aspects that no longer serve them, and build on aspects they want to strengthen or enhance, and begin to create picture of who they want to be.

OBJECTIVES

1. Acknowledge past aspects of self that have changed or no longer exist.
2. Begin to imagine who you are becoming.
3. Create/Perform a releasing ritual.

MATERIALS NEEDED

1. Download group 5 worksheet
2. paper or notebook/journal.
3. Candle or other memento for starting each group as a way to honor and connect to their child/ren.

MATERIALS PROVIDED

These may be audio, video, or pdf downloads. You may choose to screen share videos, send participants links or use info in videos to weave into groups.

1. Group 5 worksheet
2. Optional Journal Prompt

ACTIVITY

Activities you can use during group sessions, you can shorten, omit, or add to any of them. Facilitator may wish to play soothing music while participants work on these.

- Worksheet 5
- Group share regarding identity changes
- Group Exercise: Letter to former self

Ending Ritual

Last 15-20 min. Close group with ritual of asking each member what their biggest takeaway is from today's group and what they want to remember in the coming week and review which things they will commit to trying this week. Close with a breathing exercise (4x4), or guided meditation depending on time. Meditation audios are provided for you. There are some scripts as well. You can play them or read scripts.