# Tarot, Death & Grief - Lesson 4

## QUESTIONS TO HELP A GRIEVING QUERENT

The following list of questions is intended to inspire you and help your querent analyze and understand their grief. You can suggest these questions (or of course, others that you think of) to a querent who's going through a difficult grieving situation.

* How is this loss affecting you on a material level?
* How is this loss affecting you on a subconscious level?
* What is this person's legacy to you?
* How can you keep their memory alive?
* How can you honour their impact in your life?
* How does your grief manifest?
* What is causing your feelings of guilt?
* Why did you choose to act as you did?
* What would you like to express to this person?
* What do you need in order to forgive yourself for "X"?
* How did you impact your deceased loved one's life?
* What did your deceased loved one take from you?
* What is the most important lesson that this person has taught you?
* How can you better cope with your feelings from now on?
* What can help you adapt to your life after the loss?
* What is your main source of anxiety right now?
* What feelings would you like to express?
* How can your forgive the person you lost?
* How can you feel safe again?
* How can you release the tension that you have built up after taking care of your deceased loved one for such a long time?
* How can you come to terms with the fact that the funereal arrangements for your loved one weren't exactly as you would have chosen?
* What can you do to celebrate your deceased loved one's life?
* What did your deceased loved one bring to your life that is worth sharing with the world?