Confidential questionnaire

# Living with Loss Retreat 2025

Date and location of retreat:

Thank you for registering to attend our forthcoming bereavement support retreat. If you would like to complete and send us the following, it would help us in our preparations. Please feel free to write as much or as little as you wish, and to skip any questions that you would prefer not to answer. Thank you so much. **You can send this by email directly to:** **livingwithloss@btinternet.com**

Your name

Age Gender

Name of the person(s) you are grieving

The date of his/her/their passing

Your relationship to him or her / them

**When we lose someone we love, along with our grief for them, other issues can also have an impact on us. Please put a check (or underline) any of the following that you are struggling with.**

* Memories of my loved one who died.
* Memories of illness or circumstances up until their death.
* Feelings of sadness and/or loneliness.
* Feelings of guilt, regret and/or anger
* My faith and/or connection with my church
* Health problems
* Worries about the future
* Practical changes since I have been left without my loved one
* Work, pension or financial issues
* Major decisions I need to make and/or a home move
* Relationships with other family members
* Concerns for other family members

**Please describe several things that have most changed in your life since your loss.**

**Have you had any support since your loss, such as joining a support group or receiving counselling?**

**Anything else you would like us to know about**

**Here is a list of a few items that would be helpful for you to bring with you, if you wish:**

* A photograph of your loved one to display
* A poem, psalm or song that has brought you comfort.
* A tablet, personal computer or notebook for journalling.

We look forward to meeting you at the Living with Loss retreat.

**If you would like to receive pre-retreat updates from Abi, please put your email address here, thank you.**

 **You can follow her blog at www.avalleyjournal.co.uk**

This questionnaire is confidential and will only be read by the retreat leaders of Living with Loss. We ask these questions solely for the purpose of preparation for the retreat and getting to know the participants. The questionnaire will be disposed of after the event.