

## WHAT DO I BELIEVE?

When we lose a loved one, their physical demise can challenge what we believe about death. Some mourners believe in some kind of hereafter while others believe that when you're dust, you're dust. Further, it can challenge what we believe is the purpose of life.

### COMMON BELIEFS

- I believe we're here to learn lessons.
- I believe we're here to help others.
- I believe that everything happens for a reason, I just don't know what it is.
- I believe we have a preordained destiny.
- I believe there is no reason why we're here. It's purely natural evolution.
- I really don't know what I believe.

### CASES TO PONDER

Certain deaths can challenge what we believe. Consider the following true losses:

- A wife found her 53-year-old husband deceased after he went to take a nap. Was her discovery of his deceased body somehow a lesson for her?
- A husband lost his 36-year-old wife to a drunk driver. Was her untimely death just part of life?
- A mother of four died by suicide following her divorce. Was her suicide part of their destiny?
- A 16-year-old lost his twin brother after they both fell in a frozen lake. Was there a lesson in it for the surviving twin?
- A mother of two lost both her kids in a car accident on an icy road. Was there a reason this mother became childless?
- A mother gave birth to a child who died of Trisomy 18. Was it for the best?

### ANSWER THE FOLLOWING QUESTION

**Without judgment, what do you believe about the purpose of life? How did the loss of your loved one confirm or challenge what you believed?"**

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