

Self-Questionnaire: Am I ready for a grief support group?

Thank you for considering one of Samaritan's grief support groups. Enrolling in a grief support group can be a wonderful step in your grief healing journey. Joining a group is a commitment to yourself and the other people in the group.

Ask yourself the following questions to help you decide if this is the right time for you to join a grief support group.

- 1. Am I willing to respect the confidentiality of each person in the group, including making sure I have a private space for on-line groups?*
- 2. Will my calendar allow me to make all, or at least most, of the group sessions? Am I in a place where I can bear witness to another's grief?*
- 3. Am I willing to share about myself as a group member?*
- 4. Can I share from my experience, but not give advice to others?*
- 5. If I find that for some reason, I am not able to complete the group sessions, am I willing to let the group facilitator know this, for my own good and the good of the group as a whole?*
- 6. Am I willing to consider individual counseling support in addition to-- or instead of-- group support if needed?*

Thank you for taking the time to consider these question. Your responses should help you to decide if this is the right time for you to enroll in a group.

If you answered "**NO**" to most of the questions but are in need of support, you might want to **consider individual grief support** at this time.

Please reach out to us at CFGcounseling@SamaritanNJ.org or call 856-596-8550 for more information, to register for a grief support group, or for information on our individual counseling services.