

# WHY IS THIS BOTHERING ME?

Julie Lavin, LPC | [ministry resource](#)

Questions for loss during COVID-19. Ask them of yourself and those you mentor. Writing thoughts down helps you reflect better. Get a pen or pencil out. This is a way to be proactive with your grief so it doesn't leak out in whacky ways later.

**What am I angry at?**

**What do I miss about \_\_\_\_\_?**

**What am I learning about \_\_\_\_\_?**

**What do I need now? (from Jesus; from others)**

**What Scripture promises can I cling to right now?**