

GABRIELLE REECE// Reflection Guide

PRO VOLLEYBALL PLAYER // MODEL



1. Gabrielle was only 5 years old when her father passed away in a plane crash. Some of her strongest/ most powerful/ most vivid memories of her father were the times he took her sailing, just being with him made her feel happy.

Describe one of the fondest memories you have with your loved one? What can you

remember about that time?

2. Gabrielle talks about how her father's death as a "very big, monumental, catastrophic thing" that happened in her life. She felt as if nobody really "gets it".

What do you think Gabrielle means when she says nobody "gets it"? When your loved one died, did you feel like other people "got it"? How did you help them understand what you were experiencing?

3. Gabrielle talks about going into "pure survival mode" and how she focused on trying to make it through without being self-destructive.

What does she mean by pure survival mode? What do you do for survival mode?

4. Gabrielle found that the anger and hurt of losing her father caused her to act out especially with her mother.

Acting out and getting angry are some of the most commonly experienced feelings when we grieve. What happens when you act out or get angry? What do you do when those feelings surface?

5. Playing volleyball gave Gabrielle a way to channel her energy and attention. She says being in a team is incredibly helpful and her teams became like her family or 'tribe'.

What do you feel when you are with others, on a team or in another group activity?

6. Through her experience, Gabrielle advises that it is important to take a proactive stance, meaning when you're ready, to talk about what you're going through and how you can find ways to feel better.

How did you know you were ready to talk to others about the death in your family? Describe who you talked to and how you felt at that time.

7. Gabrielle encourages people to "feel whatever you want to feel."

What does that mean to you?

8. Gabrielle said that living through such a loss makes you stronger. She said it's, "one of the worst things that could happen, and I'm still here."

What do you think about her words? Describe being stronger. What does that feel like? If you could ask Gabrielle a question, what would it be?