

# BRIAN GRIESE // Reflection Guide

NFL QUARTERBACK / ESPN ANALYST



**1. Brian says that his mom was the glue that held his family together and the emotion and the heart of his family.**

Give an example of what Brian is talking about here. Think about your own family, how would you describe the role of your loved one? Is he or she the 'glue' as Brian described or perhaps a peacemaker, cheerleader, worker, leader or boss?

**2. Brian explained that the first Christmas after his mom died they didn't want to be in the house because his mom always made Christmas special at their house. He felt that being home would remind them of his mom's absence.**

What do you think? What would you say to Brian if he were your friend? Are there certain times of the year when you feel the loss of your loved one the most? How do you work out your feelings during those times?

**3. Brian said that when he mom died, he didn't feel like he had anyone to talk to.**

Do you think most kids his age (12) have similar experiences? Who do you talk to about your loss?

**4. Brian didn't feel like he could talk to his father, because he didn't want his father to worry about him. He felt like he was alone with his grief.**

Do kids worry about their parent? What is the reason for those worries?

**5. Brian says that he didn't know any other kids who had lost a parent, which made his experience more difficult.**

Have you met other kids who have experienced the death of a loved one? What is your reaction when you meet someone who has had a death in his or her family?

**6. Brian said that he was angry when he mom died. He was angry with God, angry at society for not finding a cure for cancer and angry with himself for not being able to go back and change the way he treated his mom.**

It is natural for people to feel angry when someone dies. Describe the times when you have felt angry about your loved one's death.

**7. Brian explains that when you lose someone that you love, there is no easy way through it, no detour or avoiding it. He also said you cannot just stuff your feelings away and move on with other tasks...just hoping that it would dissolve and go away. Because "Stuffing it" doesn't usually work, Brian encourages kids to 'touch' that feeling, 'respect' that feeling, and find ways to express your grief. Brian found sports to be an excellent outlet for his emotions.**

What ways have you expressed your feelings and your grief?

**8. Brian recommends finding ways to memorialize the person who has died and to make that person proud of you for being resilient and overcoming adversity.**

What are some things that you have done that would have made your loved one proud of your accomplishments, strength and resilience?

How is Brian's advice helpful? What was the best advice Brian gave to you? What could you add to Brian's suggestions?