

Many of us spend our whole lives running from feelings with the mistaken belief that you cannot bear the pain. But you have already born the pain. What you have not done is feel all you are, beyond that pain.

Kahlil Gibran (1883 – 1931)

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Storytelling in a small group or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next question and so forth. A person can pass.

- 1. Share how you learned to process and express your feelings from your parents, family, teachers, and others during your childhood years. How do/did your parents and siblings express their feelings?**
- 2. Share about an experience where you ran (or denied) from your feelings as you thought you could not “bear the pain” at that time.**
- 3. Share about an experience when you were present with your pain (and feelings) and were able to “feel all you are, beyond that pain.” What did you learn about pain from that experience?**

Check out and download at <https://lifesjourney.us/storytelling-about-grief-and-loss-menu/>
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¹ [Kahlil Gibran Quote "Many of us spend our whole lives..." - Dream & design \(margaretdill.com\)](#) , (accessed September 13, 2023).