

CRITICAL THINKING GRIEF

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. **LOOKING BACK IN THE WAKE OF HER FATHER'S DEATH, ALEXA REFLECTS, "I REMEMBER THE SUFFOCATION OF EVERYONE APOLOGIZING FOR SOMETHING THAT THEY DIDN'T DO."**

What do you think she means by that? Why do so many people apologize to those who are grieving? Do you think it helps the person grieving? Elaborate on your responses.

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2. **ALEXA PERSONIFIES GRIEF BY SAYING THAT, "IT'S NOT PATIENT, IT'S NOT LINEAR, THERE'S NO RULES, AND IT DOESN'T DISCRIMINATE AGAINST ANYONE."**

Do you think personifying grief helps make it easier to understand or cope with? Do you agree with Alexa's statements? Why or why not?

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3. **ALEXA BELIEVES THAT EVERYONE RESPONDS TO GRIEF DIFFERENTLY AND THAT THERE'S NO RIGHT OR WRONG WAY TO DEAL WITH IT: "SOME OF US LIKE TO TALK ABOUT IT TO THE WORLD, WHILE OTHERS LIKE TO INTERNALIZE IT."**

Besides grief, what's another emotional event that almost everyone goes through, but experiences differently? What are some of the different ways people deal with that emotion?

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4. **ALEXA FEELS THAT, "... WHAT YOU LEARN FROM GRIEF IS ... EMPATHY OVER SYMPATHY; TO REALLY FEEL FOR PEOPLE AND NOT JUST PITY THEIR SITUATION."**

Explain the difference between feeling for people and pitying their situation. What would you say to someone to express empathy? To express sympathy? How might their responses differ between the two?

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5. **AT THE END OF THIS EPISODE, ALEXA ACKNOWLEDGES THAT WHILE LOSING HER FATHER IS A PART OF HER, IT DOESN'T DEFINE HER — TO HERSELF OR OTHERS — AS "... THE GIRL WHOSE DAD DIED."**

Have you ever had something bad happen in your life that you were afraid you would be remembered for? If so, what was it and how long ago did it happen? Do you think others still define you by that experience? Do you sometimes define yourself by it? Explain your answers.

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