

TED Talk

Jason Rosenthal: *The Journey Through Loss and Grief*



End in Mind

1. It's overwhelmingly obvious how much Amy and Jason loved each other. Their connections, laughs, and Amy's article in the New York Times. One of Jason's biggest take away moments happened when Amy was in hospice. They began conversing openly and honestly about parenting and other important decisions. Reflect on some conversations you know you should have, but keep putting off. What is the road block? Is this a conversation you could have this week?
2. How did you feel when Rosenthal began discussing the physical effects of his wife's death. From the weight loss to the haunting memories of Amy's frail body in their house. Jason state he has never been asked if he wanted to talk about those hospice experiences. If you have experienced the loss of someone close how challenging was it to talk with someone who has not experienced that kind of loss? If you have not experienced that kind of loss, did Jason's advice to just let that person know you are there help? How would you change the way you approach someone who is grieving?
3. Amy gave him very public permission to find happiness, and joy. Finding beauty in everyday things. Jason recounts music that has touched him in dichotomous ways throughout his grief is tightly tied to Amy. What are some musical pieces that help you find joy in times of sadness or grief? What are some examples of everyday beauty that help you through a tough moment?
4. At the end of his discussion, Jason gave you some homework. Take a blank sheet of paper, no really, go find one. What will you do with your intentional empty space, with your fresh start?