

Retirement Prompts

'Introduce yourself, and tell us one small thing—a small act of kindness, a moment of quiet, or a feeling of hope—that brought you a brief sense of safety or peace this past week.'

Week 1

'Share one emotional experience you had this week, and identify whether it felt driven mostly by the deep, sad ache of Grief, or the pervasive anxiety and jumpiness of Trauma. Which backpack felt heaviest this week?'

Week 2

'Describe one moment this past week when you were fully immersed in the sadness (Loss Orientation), and one moment when you were successfully distracted or focused on rebuilding (Restoration Orientation). What internal pressure (guilt or expectation) did you feel during that moment of distraction?'

Week 3

'Describe one specific plan or anticipation for your retirement that was shattered (your loss of the 'second life'). And what is one small, new personal routine you managed to create this week that is yours alone, acting as an anchor in this liminal space?'

Week 4

'What is the single hardest piece of administrative paperwork or systemic fight (pension, insurance, recognition) that has caused you the most rage since the loss? And what is one non-negotiable step you will take this week to delegate or dedicate just 15 minutes to that task, refusing to let it consume your peace?'

Week 5

'What is the hardest truth about your loved one's death (e.g., the timing, the disease, the suddenness) that most violated your belief in a fair or orderly world? And share one time this week you felt a strong cynical detachment, and how that feeling stopped you from taking a desired action?'

Week 6

'What is the loudest "If Only" you have been carrying regarding your role as a caregiver or partner in those final months? And share one moment this week where you felt you had to be a "fixer" for someone else, and how that prevented you from tending to your own grief?'

Week 7

'What is the one core quality of your loved one (officer or retiree) that you most want to embody in your own life? And what is one new, small ritual (internal or external) you will create this week to channel that specific trait into a life-affirming action?'

Week 8

'What is one administrative chore you will commit to tackling for 15 minutes this week? And what is one Advocate Script will you rehearse to protect your energy when someone minimizes or misunderstands the pain of losing your retired loved one?'

Week 9

'What is one single, small thing you have learned about your own strength in this process, and what is one promise of self-care will you commit to upholding during the next major holiday or anniversary date?'

Week 10