

# Parent Tip #3 I

## Opportunities

- Look for opportunities for self-discovery.
- People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss.
- Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life.
- Your children may have the ability to do this.

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