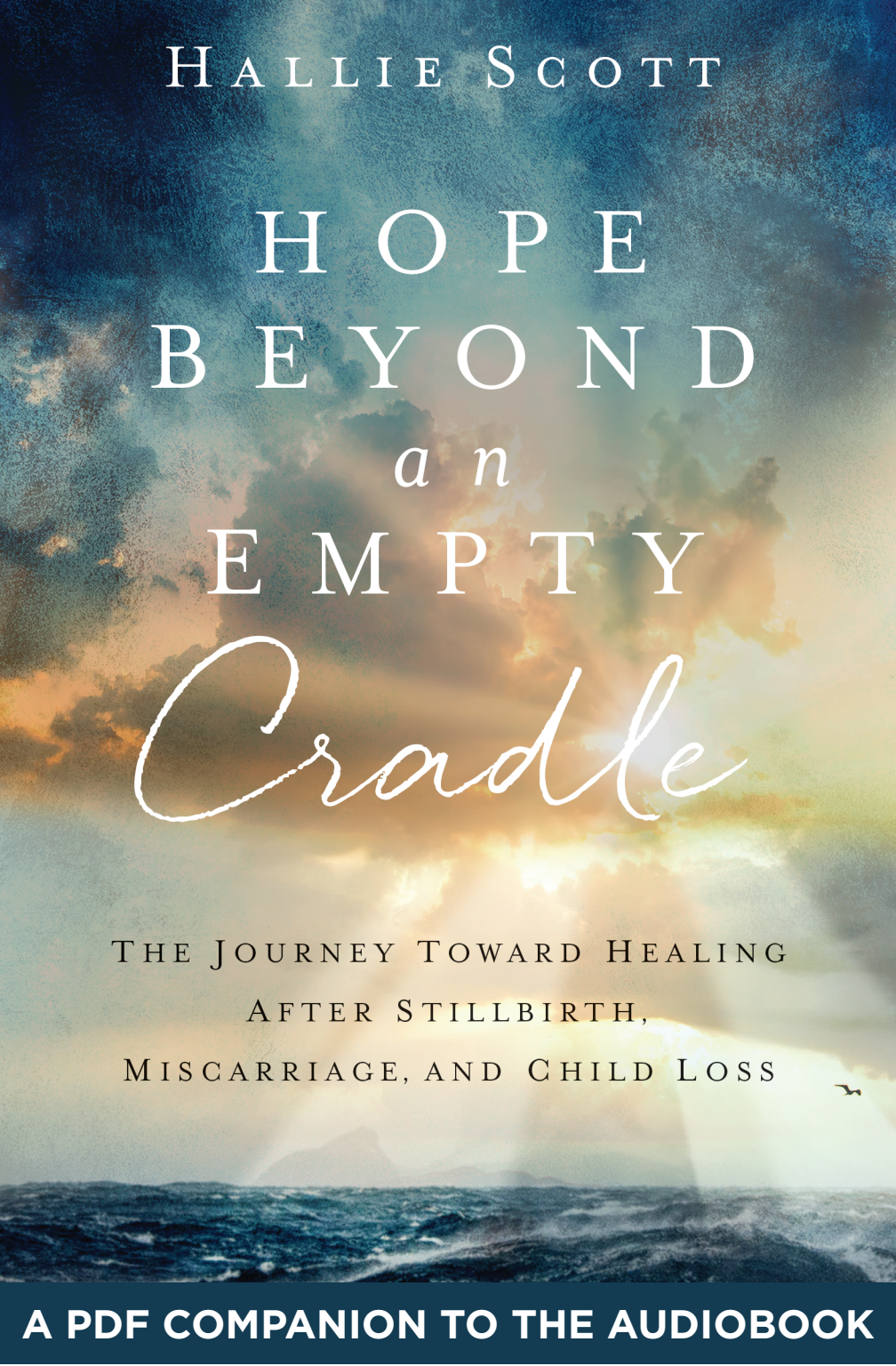




HALLIE SCOTT

HOPE
BEYOND
a n

EMPTY
Cradle

THE JOURNEY TOWARD HEALING
AFTER STILLBIRTH,
MISCARRIAGE, AND CHILD LOSS

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN REFLECTIVE

Hope Beyond an Empty Cradle
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Chapter 1

ABBY

QUESTIONS FOR REFLECTION

Why did you decide to read this book?

.....

What do you hope to find in the upcoming chapters?

What do you want to take away from them?

.....

Does anything from Abby's story remind you of your own experience with child loss or that of a friend?

.....

If you have experienced child loss, how was your experience different from this story?

Chapter 2

MISCARRIAGE

QUESTIONS FOR REFLECTION

If you have experienced miscarriage, what was one thing that encouraged you?

.....

Which words do you wish you had heard while you were healing from a miscarriage?

.....

If you are helping a friend heal from a miscarriage, what is this experience like for you? Have any feelings come up for you that you didn't expect?

Chapter 3

NOW WHAT?

QUESTIONS FOR REFLECTION

If you've experienced a miscarriage or stillbirth, what did you find helpful while healing physically?

.....

If you've experienced child loss while raising other children, what has been challenging in parenting those siblings?

.....

What is a tangible way you have found to hold on to your child?

Chapter 4

AM I CRAZY?

QUESTIONS FOR REFLECTION

Have you experienced dissociation during a traumatic moment? If so, what was that like for you?

.....

Where do you feel safe and calm?

.....

Do you find healing in keeping a journal? Why or why not?

Chapter 5

SHIFTING RELATIONSHIPS

QUESTIONS FOR REFLECTION

Do you have a safe person? If so, who?

.....

Do you need to give yourself permission to create a new boundary anywhere? What might that look like?

.....

If you've experienced child loss, have you seen a shift in your relationship with God?

.....

If your friend is the one who experienced the loss, have you seen a difference in how they talk about God?

Chapter 6

THE GIFT OF BEING THERE

QUESTIONS FOR REFLECTION

What is it like for you to sit in silence?

.....

Do you feel freedom to talk about your child? If not, why not?

.....

If you are friends with a baby-loss mom, do you feel comfortable talking about your friend's child who has died? If not, why not? If so, what are some of the conversations you've had?

Chapter 7

I DON'T WANT TO PRAY

QUESTIONS FOR REFLECTION

If you have experienced child loss, did you find yourself angry with God?

.....

Are you able to sit with God? Do you find comfort in him?

.....

If you attended church before your loss, have you returned? If not, why not? If so, what helped you make that decision?

.....

How has your relationship with God changed after moments of great loss or trauma?

Chapter 8

AM I STUCK?

QUESTIONS FOR REFLECTION

After experiencing child loss, did you want to stay in bed? What helped you get out?

.....

Do you remember the first time you laughed after your loss? What was that experience like for you?

.....

What do you want people to know about you and your loss? (If you are friends with someone who experienced loss, ask them this question.)

Chapter 9

“HOW MANY KIDS?”

QUESTIONS FOR REFLECTION

If you’ve experienced child loss, what is your response when asked how many children you have?

.....

Do you have a memorial for your child? If so, what is it?

.....

Do you celebrate your child’s birthday? If not, why not? If so, how?

.....

Have you experienced subsequent pregnancies? If so, what were they like for you?

Chapter 10

MY HUSBAND'S STORY

QUESTIONS FOR REFLECTION

Is there anything you wish others knew about your story?

.....

If you have experienced child loss, what is your spouse's story? How is it similar or dissimilar to your own?