

Discussion Questions - Maui Fires For Parents and Counselors

Here are some reflection questions to help youth process their losses from the Maui fires. It is best to complete and discuss these questions when they have strong adult support.

The Day of the Fires

1. This is what I remember about the fire and evacuation . . .
2. I remember seeing/hearing/smelling . . .
3. The most chaotic things about the day of the fire were . . .
4. Something crazy I remember about the fires or evacuation is . . .
5. The scariest part about the day of the fire was . . .
6. These are things I wish I could have done differently that day . . .
7. One way I reacted that surprised me was . . .
8. The most significant loss I experienced that day was . . .
9. These are crazy/hurtful rumors I heard after the fire . . .

Since the Fire

1. I will try to describe how I feel on the inside these days . . .
2. These are things we have been doing to support each other since the fire . . .
3. I feel so grateful for . . .
4. One thing I feel deeply sad about is . . .
5. My mind goes back to the fire when I see/smell/hear . . .
6. I really miss . . .
7. Something that feels really unfair about the fire is . . .
8. Three of my biggest worries include . . .
9. I am now afraid of things I didn't used to even think about like . . .
10. I feel the most fear when . . .
11. Some days I feel angry about . . .
12. I can see grief anger coming out of others in the following ways . . .
13. This is how I tend to express my anger in healthy and unhealthy ways . . .
14. I feel so much compassion for . . .

15. I feel guilt or regret when I think about . . .
16. These are the strengths our community has that are really helping us . . .
17. When I think about all the people who have helped in various ways since the fire, I especially appreciate . . .
18. Something unexpected that has really helped me since the fire is . . .
19. School has changed in the following ways since the fire . . .
20. This is where I can feel grief in my body . . .
21. One thing I have found that helps my body to calm down is . . .
22. These are things I'm avoiding these days . . .
23. These are the strengths I have that will help me get through this time . . .
24. One thing that happened since the fire that touched me in a good way was . . .
25. I have changed in the following ways since the fire . . .
26. My family has changed in the following ways since the fire . . .
27. If I could change something about my current circumstance, I would . . .
28. One thing I'm having trouble saying goodbye to since the fire is . . .
29. These songs/lyrics/art pieces/writings have been meaningful to me . . .
30. My spiritual faith has been impacted in the following ways since the fire . . .

Future

1. These are things I dread and look forward to about the future . . .
2. My losses from the fire have changed me and my priorities in the following ways . . .
3. These are things I appreciate now that I never paid attention to before . . .
4. Things we need to do to increase the safety of our community include . . .
5. I would like to help my community rebuild in the following ways . . .
6. When we rebuild, I hope we can include . . .
7. This is what I think it will take for us to heal from all this loss we have experienced . . .
8. One thing we could create as a community memorial would be . . .
9. One positive thing that I hope comes out of all of this is . . .
10. These are things I never want to forget . . .
11. This is what helps me find meaning in my life despite my losses . . .