



# GUILT & GRIEF

## SUPPORT GROUP DISCUSSION OUTLINE

Here's a suggested outline for a support group focused on guilt and grief for vestibular patients. The goal is to provide a safe space for sharing experiences, coping strategies, and fostering a sense of community.

### 1. Welcome and Introductions (10-15 minutes)

- Brief overview of the session's purpose:

Understanding and processing feelings of guilt and grief associated with vestibular disorders.

- Facilitator introduction.
- Participant introductions (optional): Name, brief reason for joining (if comfortable).

### 2. Group Guidelines (5 minutes)

- Emphasize confidentiality.
- Create a judgment-free zone.
- Encourage active listening and mutual respect.
- Share only if comfortable; silence is okay.

### 3. Education and Insight (10-15 minutes)

- Understanding Guilt and Grief in Vestibular Patients:
- Grief over loss of former abilities or lifestyle.
- Guilt about perceived burdens on others.
- How vestibular disorders can impact relationships, careers, and self-identity.

VESTIBULAR DISORDERS ASSOCIATION



- Provide brief scientific insights on the psychological effects of vestibular disorders.

#### 4. Sharing Experiences (30-40 minutes)

- Open-floor discussion guided by prompts:
- “What aspects of living with a vestibular disorder have you found most challenging?”
- “Have you experienced guilt about how your condition impacts others? How do you cope?”
- “What losses (physical, emotional, or social) have been hardest to process?”
- Option for smaller breakout groups for more personal sharing (if group size allows).

#### 5. Coping Strategies and Peer Support (20-30 minutes)

- Discuss and brainstorm practical ways to manage guilt and grief:
- Mindfulness and grounding exercises.
- Journaling for self-expression.
- Setting boundaries to reduce guilt-driven behavior.
- Share personal tips and resources from participants.

#### 6. Facilitator-Led Activity (10-15 minutes)

- Example activity:
- “Letter to Myself” – Write a letter forgiving yourself for what you cannot control and acknowledging your strength.
- Guided visualization or meditation focused on self-compassion.

#### 7. Closing and Reflections (10 minutes)

- Summarize key points from the session.
- Encourage participants to share one takeaway or positive step they’ll pursue.

VESTIBULAR DISORDERS ASSOCIATION



- Provide additional resources (e.g., counseling, vestibular advocacy groups).
- Announce next meeting details (if applicable).

#### 8. Follow-Up Resources

- Information on vestibular-specific mental health professionals. ([See VeDA resources](#))
- Online forums or communities for ongoing support. ([See VeDA support group directory.](#))
- Self-help books or articles on coping with chronic illness. ([See VeDA's recommended reading list.](#))

---

#### VESTIBULAR DISORDERS ASSOCIATION